



The Power of One

One **SONG** can spark a moment
One **FLOWER** can wake the dream
One **TREE** can start a forest
One **BIRD** can herald spring
One **SMILE** begins a friendship
One **HANDCLASP** lifts a soul
One **STAR** can guide a ship at sea
One **WORD** can frame the goal
One **VOTE** can change a nation
One **SUNBEAM** lights a room
One **CANDLE** wipes out darkness
One **LAUGH** will conquer gloom
One **STEP** must start each journey
One **WORD** must start a prayer
One **HOPE** will raise our spirits
One **TOUCH** can show you care
One **VOICE** can speak with wisdom
One **HEART** can know what is true
One **LIFE** can make a difference

– You see, it's up to you
-- Author Unknown --

July 29th- August 3rd 2012
Ponderosa Retreat and Conference Center; Larkspur, Colorado

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Welcome to YRYLA!
2012 YRYLA Staff and Counselors

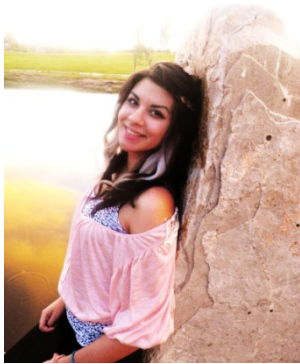
Chair:	June Boon
Head Counselor	Miguel Perez
Head Counselor	Stan DeVore
Chelsi Rose	Staff
Alix Emsie	Staff
Mikaila Way	Experiential Learning
Wayne Markel	Photographer

Team	Rotarian Senior Counselor	Junior Counselor
A	Jim Hoops	Annie Averill
B	Heather Amen	David McManus
C	Craig Essex	Sarah Calhoun
D	Rolo Cuadrado	Chris Chacon
E	Wally van Sickle	Ivonne Ramirez
F	Joni Triantis Van Sickle	Estevan Trujillo
G	Bill Rubin	Dana Kiel
H	Junior Weed-Zeigler	Elan Seideman
I	John Miller	Michelle Londe
J	Ted Cluett	Toria Vongphackdy
K	John Kenyon	Alex (Cuad) Cuadrado
L	Mike Smith	Stephanie Strasbaugh

Counselors

Ivonne Ramirez

Hola AMIGOS! My name is Ivonne Ramirez! I cannot tell you how excited I am to be here; I cannot wait to meet you guys! RYLA is the second best thing that has happened in my life. RYLA is just astonishing. I was born in El Paso, Texas which brings me to the initial best thing that has happened in my life!-- Moving here to Aurora, Colorado and attending Aurora Central High School. Coming to this high school has made me realize my passion. HELPING OTHERS! Which is why someday you guys will be calling me Dr. Ramirez (nice ring eh?). My passion is so strong, I yearned for more! I have job-shadowed at different departments in hospitals and even experienced things that medical students haven't yet encountered. Not only do I love the human body, I love to laugh and smile. I love to live each day like it's my mission, especially with my familia and friends. I also believe that we each have a story to tell and I feel that my story has given me strength (I cannot wait to hear your stories). Lastly, motivation wakes me up every day and gets me through the days. ☺



David McManus

Hey my name is David McManus and I just finished my freshman year at Fordham University in New York City. I am transferring and currently choosing between the University of Southern California and Georgetown University. I'm planning on studying Political Science/Government. I went to Regis Jesuit High School in Denver. In my free time I love to go see live music, especially up at Red Rocks! This summer I'm going to see Bon Iver, JJ Grey and Mofro, Macklemore and Ryan Lewis, String Cheese Incident, and AER. I love watching Scrubs, The Office, and Mad Men (and may or may not quote them often, try and keep up). I love playing Frisbee, BBQ-ing with friends, reading old-school/classic books, and going on jogs. Come find me if you love Blink-182, Superbad, Almost Famous, Men's Health, hiking, or going to super-chill coffee shops.



Estevan Trujillo

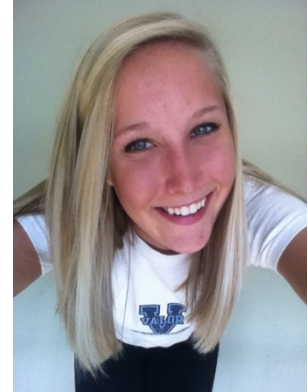
To some I am known as Steve, SigmEstevan, Este, Bon-Bon, and the Incredible Mr. E. Some may ask how awesome this person must be to have such awesome nicknames. Well the name is Trujillo, Estevan Trujillo, and yes I am awesome. How is this possible you may ask, and I respond years of experience, reading the hunger games, Harry Potter, Michael Crichton, playing all sorts of sports, enjoying artistic things, the great outdoors and all the fishing, camping, hiking, and other great things it offers, then last but not least, RYLA!!!! Being part of the RYLA family has made life so much sweeter and all for the better. Anybody can do all the stuff listed above except RYLA, and that is where they are unfortunate. If you're reading this, you are lucky (and awesome!) just like me and get to make life that much better! Not only for you but for those around you and that's what YRYLA's all about!! So be ready to have your mind blown!! BAM!!! There it went; your brain has begun to blow!



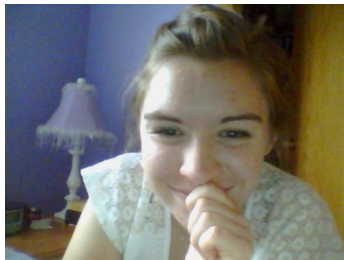
Feel free to talk to me about anything and I promise I will do my best to enhance your YRYLA experience ☺

Annie Averill

I'm Annie, short for Annalisa. If you can guess my middle name I'll give you a hug. I love shoes, specifically Toms! Breakfast is my favorite meal because you can never go wrong. I love to dance... And yes it's a sport, don't try to argue that with me. I have a great sense of direction so if you want to go on an adventure ask me. I've been to Kolkata, India; Nairobi, Kenya; and Kampala and Tikoling, Uganda for mission trips. I have a passion for serving the destitute, dying, sick, and simply the under privileged. I've rode 70 miles on a bike in one day... If you can beat that I want to meet you. I'm not very good at telling stories but I'll tell you how I lost my shorts in the ocean. I hope to go into the medical field and become a doctor... Yes I like to study :]. I'm the youngest of four siblings and hate dirty teeth so I brush mine a lot!



Stephanie Strasbaugh



I am a sophomore at the University of Wyoming (yes, Wyoming... and yes, I love it) and this summer I'm spending my days as the volunteer coordinator for the soup kitchen here in town. I hate birds (something about the wings and flying), but love people, and look forward to meeting another amazing group of kids for my second year as counselor at this life changing camp!

Alex Cuadrado

Believe it or not, Cuad has a real name: Alex Cuadrado. Officially his name is Alejandro, but people wouldn't stop calling his name, so he goes by Alex or Cuad instead. He just graduated from high school in May and is excited to be attending Princeton University this fall. Although he's not absolutely sure, he plans to study International Relations in order to become a diplomat someday. Cuad hails from beautiful Summit County, Colorado, where he enjoys skiing and hiking, and the occasional guitar-playing on his porch. Travel and service are also some of Cuad's passions. But most of all, Cuad loves doing anything and everything related to Rotary Youth programs. During his junior year of high school, Cuad lived in Vicenza, Italy as a Rotary Youth Exchange student. Throughout his high school career, he has been involved with Interact, and plans to join a Rotaract club in college. But most of all, Cuad loves RYLA (Young RYLA especially). This is Cuad's second year as a JC, and when he's old and wrinkly like his dad (Rolo), he wants to become an SC! Plus, Cuad is a terrible dancer, something which you will surely experience. peace out girl scout.



Elan Seideman

My full name is Elan Nashoba Yosef Seideman. A lot of people tend to be curious about it, you're not the only one. Come ask me about it if you want to know more. I like romantic comedies, long walks on the...mountain side, singing to orphaned puppies, and as for food, if it's not synthetic or moving I'll eat it. I spend my free time playing football, eating, watching The Simpsons, playing music, eating, taking my dogs to the park, eating, and, as



any typical guy does, juggling. I love playing RISK and strongly believe that anyone who tries to take Asia right away deserves to be kicked out of the game immediately. RYLA has become such a large part of my life over the years (starting at YRYLA) that I have wanted nothing more than to share my love for it with you all. Cut loose this week!

Cris Chacon

Mi nombre es Cristian Chacon...and yes I am bilingual! I am blessed and lucky to be in the situation that I am in today: happy, healthy and handsome (ok maybe not so much ;)). I love to play all kinds of sports, longboard, jam to tunes, dance, hang out and most importantly...be a part of YRYLA! I love openly, praise rigorously and having fun is 100% of my lifestyle. Feel free to get to know me, that way we can all have some fun. God Bless!



Dana Kiel

Hey guys! The only thing you need to know about me is that I'm a complete nerd, but the cool kind! I love history, politics, coffee and museums, and if I'm not hanging out with friends or working on one of my crazy art projects, I've probably got my nose in a book. I play the violin and a little bit of guitar and piano, and my favorite bands are The Beatles and Panic! at the Disco. I also love camping and backpacking, especially with my crazy family. I'm the second oldest of four siblings and we have two goofy, obnoxious basset hounds. I spent my senior year as an exchange student in Germany, where I learned to speak German, and I also speak some Spanish and a tiny bit of French, Turkish and Russian. I love learning new languages, even if it's just counting to ten, so if you speak any foreign languages, come teach me how to say something!



Michelle Londe

Michelle Londe hails from the top of a lonely, random hill in Wyoming. She is a giggly, involved, and a slightly nerdy creature meandering through this world. Her special talents include making macaroni and cheese from a box, baseball Wii, and playing some suh-weet classical music on her string bass. Irrational fears include accidentally eating a mushroom in her food or getting a tooth knocked out. In her spare time, Michelle reads to become the ultimate history buff, eating chocolate, or planning great shenanigans for herself and the rest of the world! Michelle is also attending the University of Wyoming to become a social studies teacher. Michelle has tendencies to have random dance parties, give people new names, and make conversation with strangers. She also has plans to have the greatest week...EVER...at RYLA and to spread the magic and love!



Toria Vonghackdy

Hello there! Call me Toria ☺ I am so EXCITED to be a Junior Counselor at YRYLA for another exciting year! I just finished my first year of college at Regis University, where I am currently studying Pharmacology and hold the position of a Sophomore Senator. I was crowned Miss Impact 2011 from the Miss Asian American Colorado Leadership Pageant. I love green skittles, sage green is my favorite color, and yes I am 5' 1.5", every inch counts! I am the middle, neglected, peacemaker child, (high five to all of you middle children, I feel



for ya). My best friend is indeed my violin. I am a first generation child born and raised in CO but my parents were refugees, which mean I am 100% Laotian and just in case you don't know where Laos is, it is the country that looks like a shooting star, bordered between Thailand and Vietnam. I am a very ambitious gal; I want to be able to master a backflip, learn sign language, and read all of the Jodi Picoult books before I finish college. Just a little tip to survive a week of awesome YRYLA is to be YOU and have fun. Don't be afraid to say hi. I love making new friends. Warm smiles!!

Sarah Calhoun

Sarah Calhoun was born and raised in Longmont, Colorado. She attended Longmont High School and just graduated in May. Next fall, she will attend Cornell College in Mount Vernon, Iowa where she will study Biology, English, and play soccer. Sarah also enjoys reading, going to the pool, hanging out with friends and making slurpee runs on late summer nights. She went to RYLA two summers ago her sophomore year, and is excited to be a part of the YRYLA team for the first time!



Rotarians

Bill Rubin



Born in Chicago, Illinois, Bill moved to Colorado to attend the University of Colorado and loved the area so much, he made it his home. Bill made a living as a ceramic potter for 17 years. After a back injury, Bill shifted gears and became an accountant. He joined the CPA firm of Weatherwax & Associates in November, 1996 and works as a tax manager for the firm. He is married to Karen Conduff, an artist and solar sales specialist, and has a 20 year old daughter Maddie who is currently traveling in Europe and singing opera. They live in Lefthand Canyon just north of Boulder. Bill's hobbies include rafting, hiking and backpacking, volunteering, and spending time with

his family.

Ted Cluett

I was born and raised on the East Coast - lived in the four states surrounding New York City, and worked in the City for many years for the Arrow Shirt Company. Over the years my jobs required that I move westward, and, so as of today, I have been living here in Colorado since 1994. I have been a skier, do play tennis, do a lot of singing, enjoy my commitment to Rotary and enjoy my church activities. My wife and I have been married for 42 years and have two daughters, plus another from a previous marriage. We have six grand children and three great grand children.



Jim Hoops



I am a partially retired high school and middle school teacher of 37 years, an experiential facilitator, photography teacher, past president of the Denver Cherry Creek Rotary Club and football coach (3 state championships along the way). I am president of the Board of Directors for Rocky Mountain RYLA and was part of a team of Rotarians who developed the Young RYLA curriculum. I am married (48 years) and have 2 sons and 4 grandchildren. I love to hike, bike and read. Rotary has been a big part of my life since joining. Trust the process of YRYLA.

John Kenyon

I was born in northern California and grew up in Santa Barbara. I have taught elementary school in Fort Morgan and photography at Morgan Community College. In 1985, I became a businessman in California where I owned an automotive business until my wife and I moved back to Boulder in 2008. I have three adult children and two grandchildren. I've been an active Rotarian since 1991 and have been on Rotary International trips to Guatemala, Nigeria, India, and Bangladesh. I have been to Uttar Pradesh in India multiple times help with the Rotary International Polio eradication campaign. These experiences have changed my life: the close connections and empathy I have felt for people has made me think about the people of the world as one undivided family, Service above self is no longer a choice—it now just is, and that is why I am a Rotarian.



John Miller



My name is John Miller. I am from Greeley Colorado. I am married to my best friend from high school. My wife's name is Felicia. We have been married for three years and we have a 16 month old precious baby girl named MaKynna Jo. I work for Vestas Blades Brighton. Vestas is a company that produces enormous windmills that are shipped all over the United States, Canada, Mexico and South America. I am a happy man that is very blessed and thankful for everything and everyone I have in my life. This is going to be my sixth year involved with RYLA/YRYLA. I am soooo excited for you and what you are going to be involved in this

week! If I can give you a small piece of advice....Open up, be cheerful AND HAVE FUN. LIVE THE RYLA MAGIC!!!!

Junior Weed-Zeigler

Junior retired from teaching in the Denver Public Schools for 30 years and is dedicated to living life to the fullest and helping others to do the same. She began this with experiences with Colorado Outward Bound. In her retirement, she has had magnificent opportunities to travel the world including safaris in Africa, climbing Mt. Kilimanjaro, trips to Australia, New Zealand, Peru, Argentina, Chili, Mexico, Nicaragua and Israel. She helped develop the curriculum for Young RYLA at its inception and is now a proud Rotarian with the Boulder Valley Rotary. She is working with JOY at filling her cup of life.





"Rolo" Cuadrado

I'm Rolo, and I LOVE Young RYLA. I've been a Senior Counselor here since 2008, and this is my favorite week of the year! When I'm not at Rocky Mountain Young RYLA, I am working with Rotary International to help expand RYLA throughout the world. I live in Frisco, near Breckenridge, but I'm a lousy skier. My wife Paulina and I have three teenage kids. I enjoy traveling and eating. Find me on Facebook (Rolo Cuadrado) if you need help with starting an Interact Club at your school.

Mike Smith

My name is Mike Smith. I have lived in Wyoming my entire life. I am easy going, funny, and always enjoy a good laugh and/or joke. I enjoy boating, golfing, skiing, and most all outdoor activities. I recently competed in a triathlon and actually enjoyed. I have three wonderful kids named Kaity, Ethan, and Elly, and a lovely wife named Julie. I attended college at the University of Wyoming and graduated from Regis University. I am a financial advisor and really enjoy what I do. I am involved in my local church in many different capacities. My family and I volunteer at the local Soup Kitchen once per month and have done so for over 6 years. One of my passions is mentoring young men in difficult times of their life.



Joni Triantis Van Sickle



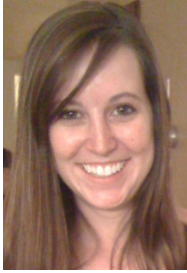
Joni is a "mad scientist" with a B.S. in Microbiology with a M.S. in Pathobiology and a PhD. in how to live with a crazy philanthropist. For the last 20 years she has been employed at Colorado State University as the Laboratory Coordinator for the Animal Population Health Institute. Joni wears a lot of hats at the lab (and shoes at home!). Joni is married to Wally Van Sickle, and she helped him to found IDEA WILD, a GREAT organization! Joni and Wally have three beautiful but hairy "children," a cheeky cairn terrier named Sniffy, a naughty Westie named Toby and a two-and-a- half legged schnauzer named Chickadee.

Craig Essex

Hello Young RYLARIAN's! I look forward with great anticipation to once again being involved in Young RYLA. I have the hope that you will leave after a week of learning new skills, making new friends, and taking your ideas out into the world with enthusiasm. Here's a brief bio. I moved to Denver from Canada with my family in 1991. My wife Beverly and I have been married for 34+ years, and have I two daughters, Lindsay and Adriene. Career wise I am a Network Architect (Cisco Certified Internet Expert (CCIE) & Computer geek) with Great-West Life. In 1997 I was invited to join Rotary and it changed my life! I have had the honor of serving, and continuing to serve in many capacities, including the last four years with YRYLA. In my spare time I practice Hot Yoga, and love everything technical.



Heather Amen



I am so excited to be back with YRYLA! RYLA has been a passion for the last 10 years of my life, attending RYLA, becoming a Counselor, becoming a senior Counselor, and it helped me shape my professional life as an event planner. After going to school in San Antonio, I returned to my native Colorado to work for Ballet Nouveau Colorado, The Denver Post, and now Junior Achievement. I adore travelling!

Wally Van Sickle III

In 1986, after earning a B.S. in Zoology, Wally volunteered to assist a conservation biologist in Kenya and contracted the “travel and adventure bug.” He returned to the States to earn an M.S. in Zoology and develop methods of estimating mountain lion populations in Utah. Then, Wally got an idea, a Wild Idea, to found IDEA WILD, a conservation organization to assist conservation biologists by providing them with some of the funds and tools that they need. In between travels, and following a strict 1 to 1 play to work ratio, chasing his dogs and wife around the house with his rubber band gun, his work through IDEA WILD has empowered over 9,000 conservation biologists worldwide to make a difference.



Staff

Miguel Perez – Head Counselor

Hello everyone! My name is Miguel and I am one of the Head JCs for YRYLA 2012! I first stepped into the magical world of RYLA in the summer of 2009. Since then I have been a counselor here at YRYLA, the most wonderful place in the world. I am from Greeley, Colorado but currently study at Harvard University. I love being outdoors, whether it be hiking or running or stargazing. My biggest hobby is probably zombies (among many other things). When the zombie apocalypse strikes mankind, I will be ready to survive. I am beyond excited for all of you to embark on this adventurous week. I hope that you will all learn, grow, listen, and prepare to take on the world. YRYLA will be one of the best weeks of your life! Enjoy and cherish every minute of this week!



Stan DeVore – Head Counselor

Hey there, everyone! I’m Stan, one of your head JC’s here at YRYLA! Just like Miguel, I went to RYLA in 2009 and the past two years I have been a YRYLA JC. I am a Wyoming guy, but graduated from Eaton High School in Eaton, CO. I just finished my first year at the University of Wyoming with a major in physiology and hopes of being a doctor or surgeon. But enough with the boring stuff! I am a nerd in many forms—a theatre nerd, science nerd... but people consider me a “cool nerd” so I get along with just about everybody! I can juggle, do a Rubik’s cube, and embarrass people without mercy. I wish I had my granddad’s middle name: Funkhauser. I love joking around with people, so if you want to make fun of me, I will do it right back! I don’t know where I would be without YRYLA, and I am excited for you to share this phenomenal experience! So... hold on!



June Boon - Chair



Born in a small town in northern Canada, I moved to southern Florida when I was 12 and have lived in the US ever since. I work at the Veterinary Teaching Hospital of Colorado State University. I am a technician that performs cardiac ultrasound exams in all species of animals from ferrets, dogs and cats, to bulls and llamas. The coolest animal I ever worked on was a jaguar. I have published the only book solely dedicated to cardiac ultrasound in animals. Raising two happy productive contributing daughters is my greatest accomplishment. I live in Fort Collins with my husband of 23+ years, Dave Boon.

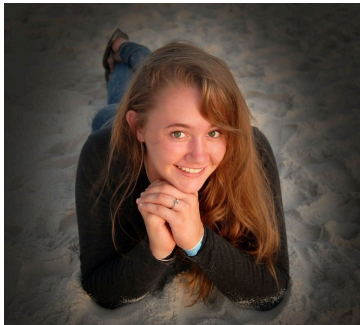
Mikaila Way - Guru

The Rocky Mountain RYLA bug snatched Mikaila as a junior at Conifer High School, since then she has enjoyed staying involved with Young RYLA as a junior counselor and head counselor. After growing up in the mountains of CO, you're more likely to find Mikaila outside rather than inside! Fresh off the skillet from graduation at Pacific University (Forest Grove, OR), she studied environmental science, peace and social justice. Beyond the classroom, Mik has enjoyed learning by leading trips with the outdoor programs, working on the school's permaculture farm, exploring places and people, and running around on the lacrosse field. Mik hopes you can be fully present at Young RYLA for our generations are in need of creative and compassionate leaders like you!



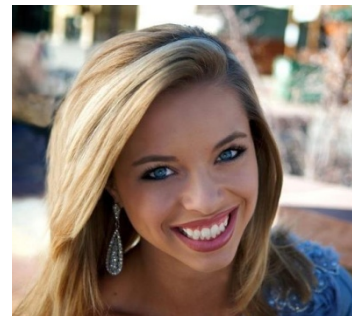
Alix Emslie

Alexis lives in Fort Collins Colorado and was an attendee at Young RYLA and RYLA. She is majoring in microbiology with an emphasis on being a genetic counselor. She currently works at Prospector's Gold and Gems with her one of three brothers who is a goldsmith. She melts and pours precious metals into coins and bars, and then travels to trade shows across the country to sell gold and silver as bullion investments "treasure". She also enjoys to work at her parents farm on the weekends doing activities such as working with horses and feeding livestock/ducks/chickens. Overall Alexis likes to view herself as a fun loving person who enjoys doing the right thing and meeting new people. She wants to be able to help young people at Young RYLA by showing them a fun time in a positive atmosphere like she was shown when she attended Young RYLA. There have always been four things that get me through the day: my family, friends, music and dance!



Chelsi Rose

A Colorado native, Chelsi resides in the beautiful mountain town of Estes park, the gateway to Rocky Mountain National Park. Chelsi has been a competitive dancer and cheerleader her entire life which will hopefully help when she tries out for the Denver Nuggets dance team this fall. An incoming freshman at Regis University, Chelsi plans on majoring in communications with an emphasis in sports, as soon you will see her reporting live from the sidelines of any major sporting event. Always having a passion for sports, Chelsi has participated in golf, track, volleyball, dance, swimming, cheer, and managed her high school baseball team over the



past four years. In 2006, Chelsi founded her own charity Chelsi's Choice, benefitting children locally and worldwide. She was an attendee of RYLA last year and Chelsi is SUPER stoked for the week ahead at YRYLA and can't wait to see what this week brings.

Wayne Markel - Rotarian (Photographer/Technician)



I'm a Kansas farm boy who worked for IBM for 30 years as a computer tech and finally as a network consultant. After leaving IBM, my wife and I moved back to Kansas where we owned and operated a lumberyard and two hardware stores for eight years. About two years ago we moved to Parker to be near our daughter, son-in-law and three grandchildren ages 2, 5, and 6. The most important jobs in my life have been foster parent, guardian ad litem, high school mentor in Ft. Walton Beach, FL, and camp photographer for YRYLA 2009. As a member of the Cherry Creek Valley Rotary, I am involved in projects with Parker Task Force, SECOR, Trick or Treat on Mainstreet, and other programs.

Last September we unofficially adopted a single mom and four kids who were a day or two away from living on the street in Pensacola, Fl. The kids are 10,7,5,and 2 years old and now in school in Parker and doing sports in Parker. The 10 year old recently got his first lawn mowing job.

Young-Rotary Youth Leadership Awards

Established in 2002 for students entering 8th grade

Welcome to Young-RYLA! At this conference you will be participating in activities which focus on eight developmental assets to help you build a foundation for your personal leadership: **Caring, Integrity, Honesty, Responsibility, Resistance Skills, Peaceful Conflict Resolution, Personal Power, and Self Esteem.** We hope that you will adopt these values and skills as you travel on your journey to become a successful leader.

OBJECTIVES:

- To provide an effective training experience for practiced and potential youth leaders.
- To encourage leadership of youth by youth.
- To publicly recognize young people who are rendering service to their schools and communities as leaders.

Rules and Regulations

You have been honored as a recipient of a Rotary Youth Leadership Award, and, in turn you must honor and obey ALL applicable rules.

EXPECTED behavior includes:

- Respect the property of others, both public and private.
- Respect the privacy, needs and personality of others.
- Respect for Staff, Speakers, Counselors and Rotarians. Their decisions regarding rule infractions and discipline shall be final.
- ATTEND and BE ON TIME for all sessions and scheduled activities.
- Most importantly, HAVE FUN!

If you exhibit any unacceptable behavior which violates the rules, you will be sent home.

UNACCEPTABLE behavior includes:

- **Use of alcohol, tobacco or drugs**
- **Stealing, gambling or lying**
- **Possession of guns or knives**
- **Leaving the camp without permission of your Counselor**
- **Use of ANY cell phones or pagers**
- **Use of ANY i-pod or similar device**

Stay away from anyone who demonstrates unacceptable behavior and report him or her to a Counselor immediately.

A Brief History of RYLA

By Trustee Irving J. "Sonny" Brown

This article was originally published in the December 1999 issue of *The Rotarian*.

In 1959, the state government of Queensland, Australia, invited local Rotarians to help plan a festival celebrating Queensland's upcoming centenary. Learning that Queen Elizabeth II was sending her cousin Princess Alexandra, who was in her early 20s, to the celebration, Rotarians planned activities specifically for the princess' age group.

The gundoo, an aboriginal word meaning "festival" or "fun together," was a rousing success. More than 300 men and women between the ages of 17 and 23 attended. Encouraged by the event's popularity with the young attendees, Rotarians saw potential to create a similar annual youth program. With little hesitation, Governor Art Brand of then-District 260 approved the project, and on 2 May 1960, RYLA was born.

Australian districts 258 and 260 shared in establishing a committee that developed the official framework of RYLA: to train youth (ages 14-30) in character, leadership, personal development, and good citizenship. These guidelines helped RYLA expand to all Rotary districts in Australia and led to RYLA's approval as an international program by the Rotary International Board at the 1971 RI Convention in Sydney, Australia.

After District 5520's first RYLA camp 20 years ago, a conferee summed up his RYLA experience in one word, "Camelot." He wrote the RYLA chairman, "If you know the story of King Arthur, you may recall that as King Arthur was dying in a young man's arms, he turned to the youth and said, 'If you learn of anyone that has not heard of Camelot, tell them loudly and clearly that there really was that one wisp of glory called Camelot.'"

"Gundoo" or "Camelot?" RYLA is both and aren't we fortunate? Dedication, passion and love describe the heart of RYLA, a most remarkable investment that assures Rotary's future.

~~~~~

The first RYLA in districts 5440 and 5450 for students going into the 11<sup>th</sup> or 12<sup>th</sup> grade took place July 26-31, 1987. This year the districts comprise 117 Rotary clubs in Central and Northern Colorado, Western Nebraska, and Wyoming.

In 2002, a team of Rotarians from these districts established the first Young RYLA in the United States. Eighty-eight middle school students from the two districts participated in building a foundation for their "personal leadership" – making good decisions, withstanding peer pressure and developing empathy for others, among many other topics. Young RYLA has grown to 120 students annually and plans for growth are underway.

# A Few Rotary Facts

## **The Mottoes of Rotary**

Service Above Self

They profit most who serve the best

**Rotary International** is a worldwide secular organization open to all persons regardless of race, color, creed or political preference. 1.2 million members belonging to 32,000 clubs provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world.

## **The Rotary Foundation**

Polio Plus: In 2009, contributions to the global effort to eradicate polio approached \$750,000,000 which includes a grant of \$355,000,000 from the Bill and Melinda Gates Foundation. Since 1985 a huge army of Rotary volunteers have provided support at clinics and helped to mobilize communities to immunize children around the world.

Programs: Youth Exchange, Group Study Exchange, Ambassadorial Scholarships, World Peace and Conflict Resolution Scholarships, Grants to university teachers willing to serve in developing countries.

## **The Four Way Test of the things we think, say, or do**

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOOD WILL and BETTER FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?

## **The Object of Rotary**

To encourage and foster the ideal of service as a basis of worthy enterprise and in particular, to encourage and foster:

1. The development of acquaintance as an opportunity for service;
2. High ethical standards in business and professions, the recognition of the worthiness of all useful occupations; and the dignifying by each Rotarian of his or her occupation as an opportunity to serve society
3. The application of the ideal of service by every Rotarian to his to his or her personal, business, and community life;
4. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional people united in the ideal of service.



# Young-RYLA Lingo

(What happens at Y-RYLA every day?)

## **Wake Up**

Everyone is expected to be out of their rooms to participate in the morning activities that are led by the Counselors and Rotarians.

## **Word of Focus**

This is a story presented by a Counselor to give a little bit of inspiration from their personal perspective, usually before a scheduled speaker, activity, or session.

## **Goofy Olympics**

A collection of “Goofy Games” which tests a team’s ability to work together to accomplish mental, physical or team strengthening activities. These games are facilitated by the Counselors and are guaranteed to be goofy!

## **Reflection Time**

This is an allotted amount of personal time for you to reflect on the day’s activities or to fill in your reflection worksheets (in your binder). This will prepare you for the discussions you will have in your team’s Twilight Time.

## **Galaxy Galley**

Evening snacks during your team’s evening Twilight Time.

## **Twilight Time**

Is held every night after the final session to discuss the day’s events, speakers, discussions, and give important information on the next day’s activities. It is also a great time for team bonding!

## **Warm-Fuzzies**

Caring notes of cheer, respect, and admiration which you will receive in a warm-fuzzie bag of your own design, and that you will write to others and place in their warm-fuzzie bags, ideally each day.

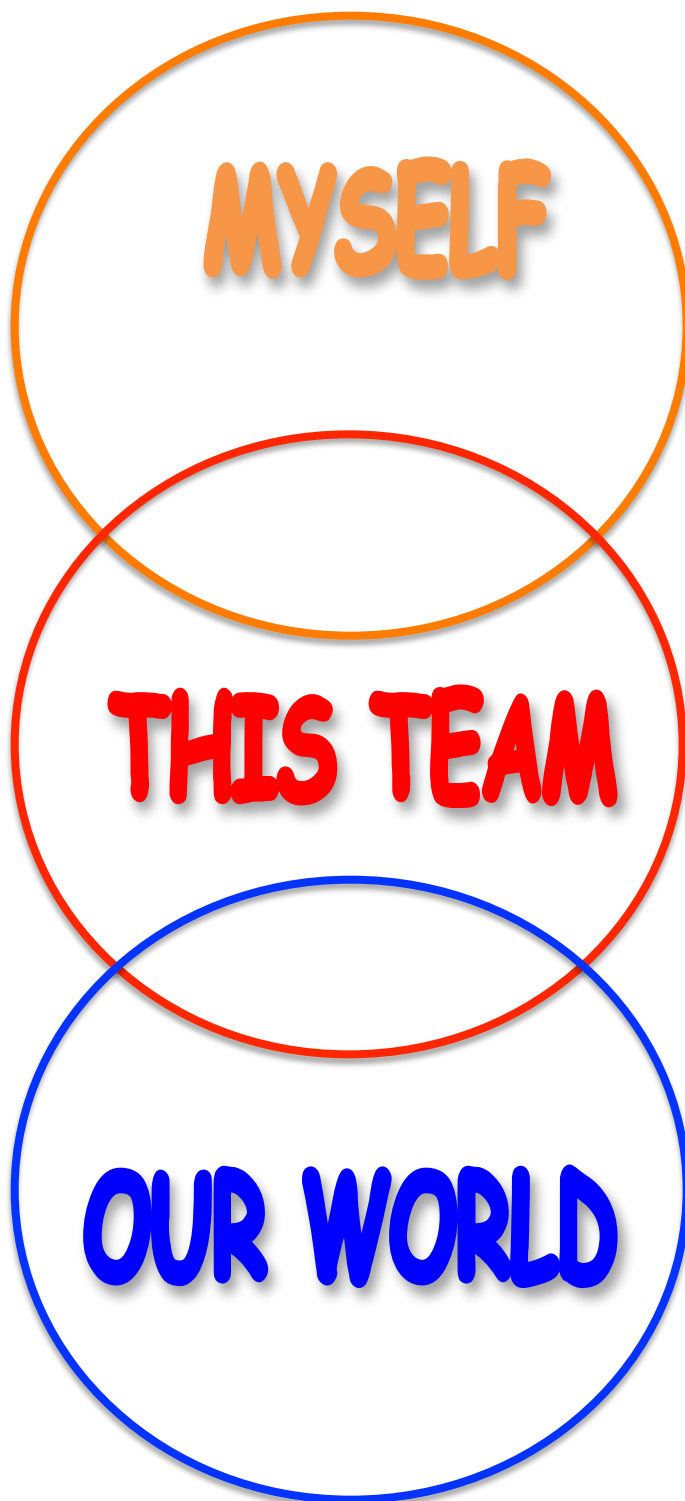
## **Lights Out**

Twilight Time will end at 10:15pm, which will give you a chance to wind down from the day before falling into bed at 10:30pm. Remember, you need your sleep!

## **Expected Conduct**

Respect for property, privacy, the needs and personality of others, the Counselors, Rotarians and Speakers. On-time attendance at each activity is mandatory.

Young RYLA 2012  
Three Hoop Theme



Throughout your week at Young RYLA you will be learning skills that are relevant to each portion of the continuum above. In order to be a leader you need to have a good understanding of each part and of your role in each circle. As you learn throughout the week add phrases, skills and activities that fit each specific circle and the ones that overlap as well.

Everyday you are given infinite opportunities to be leader. In order to be the best leader you can be it is important to discover the answers to these three questions:

1. What kind of leader are you?  
-What are your strengths/weaknesses?
  
2. How do you lead when you are part of a team?  
-Are you vocal or passive? Are you a planner or an implementer?
  
3. How can you use your leadership abilities to influence the world?  
-What do you want to change in the world? What special talents do you have that you can use to help change the world?

# PONDEROSA

## Retreat & Conference Center

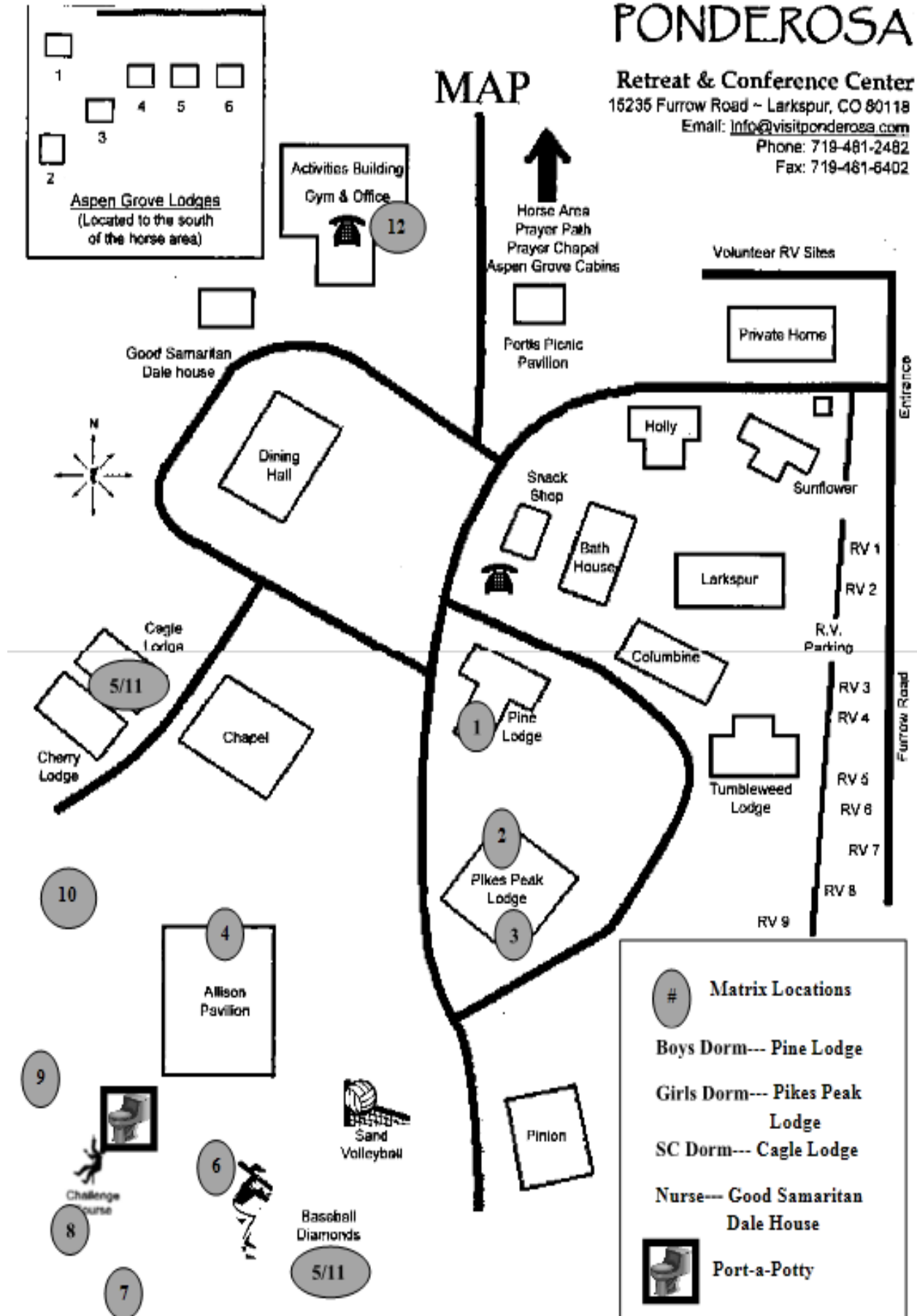
15235 Furrow Road ~ Larkspur, CO 80118

Email: [info@visitponderosa.com](mailto:info@visitponderosa.com)

Phone: 719-481-2482

Fax: 719-481-6402

## MAP



## **Making a Difference – The Starfish Story**

A man was jogging down a beach early one morning. The sun had been up for approximately two hours and it was starting to get hot. The tide was receding and all along the beach were thousands and thousands of starfish. Stranded at high tide the starfish were all going to die on the beach, as the sun rose higher by the minute. The seagulls had spotted the opportunity for an easy morning breakfast and were starting to swoop down on the helpless starfish.

As the man ran down the beach he noticed a young boy in the distance walking back and forth between the high tide mark and the water. As he got closer to the boy he observed that the boy was picking up starfish and throwing them back into the water. The man slowed his jog to a walk and approached the young boy.

The man stopped and asked the young boy what he was doing. The boy replied, “The tide is going out and these starfish are going to die, so I am helping by putting them back in the water.” The man commented to the boy, “There are thousands maybe even a million starfish on this beach. Your efforts cannot make a difference.” The young boy picked up another starfish from the beach, walked to the water’s edge tossed it into the ocean and turned to the man and said, “It made a difference to that one.”

**This is also .... The Power of One!**

# 2012 Y-RYLA: The Power of One

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## Sunday, July 29th, 2012

### *Allison Pavillion*

**2:30 pm** Registration

**4:00 pm** Welcome

Young RYLA Chair: June Boon  
District 5450 DG – Mike Klingbiel  
District 5440 DG – Mike Forney

Introduction of Counselor Teams

Head Counselors: Stan Devore and Miguel Perez

**4:30 pm** Meet your teammates!  
Everyone!

### *Ball Field*

**5:00 pm** Circle of Support

### *Dining Hall*

**5:30 pm** Dinner

### *Allison Pavilion*

**6:30 pm** Word of Focus

**6:45 pm** Corey Ciocchetti

### *Team Spots*

**8:00 pm** Reflection Time

**8:20 pm** Twilight Time and Galaxy Galley

### *Dorms*

**10:30 pm** Quiet Time

**10:45 pm** Lights Out

## Y-RYLA Self-Assessment

Name \_\_\_\_\_

Date: July 29, 2012

Using your school experience last semester, please circle the number that you think now best describes your personal abilities or "people skills". Please be honest in your answers.

Please complete both sides of this page.

1. **My ability to recognize and bring out the best in others is**  
Low 1 2 3 4 5 6 7 8 9 10 High
2. **My ability to help others feel that they are important and belong is**  
Low 1 2 3 4 5 6 7 8 9 10 High
3. **My ability to get others to work well together in a group is**  
Low 1 2 3 4 5 6 7 8 9 10 High
4. **My ability to do what I am supposed to do even when I do not feel like it is**  
Low 1 2 3 4 5 6 7 8 9 10 High
5. **My ability to step out of my comfort zone and try new things is**  
Low 1 2 3 4 5 6 7 8 9 10 High
6. **My ability to acknowledge or compliment others when they do good things is**  
Low 1 2 3 4 5 6 7 8 9 10 High
7. **My ability to give encouragement and verbal support to others is**  
Low 1 2 3 4 5 6 7 8 9 10 High
8. **My ability to accept difficult new challenges is**  
Low 1 2 3 4 5 6 7 8 9 10 High
9. **My ability to feel empathy and compassion for others is**  
Low 1 2 3 4 5 6 7 8 9 10 High

Turn over and complete the back too please.

10. **My ability to stick with a challenging task and see it through to its completion is**  
Low 1 2 3 4 5 6 7 8 9 10 High
11. **My ability to ask for help when I am stuck or need it is**  
Low 1 2 3 4 5 6 7 8 9 10 High
12. **My ability to admit mistakes openly and honestly is**  
Low 1 2 3 4 5 6 7 8 9 10 High
13. **My ability to motivate others to accept challenges is**  
Low 1 2 3 4 5 6 7 8 9 10 High
14. **My ability to handle setbacks without giving up or becoming discouraged is**  
Low 1 2 3 4 5 6 7 8 9 10 High
15. **My ability to look for the positive in all situations is**  
Low 1 2 3 4 5 6 7 8 9 10 High
16. **My ability to laugh at myself appropriately is**  
Low 1 2 3 4 5 6 7 8 9 10 High
17. **My ability to make difficult decisions under stress is**  
Low 1 2 3 4 5 6 7 8 9 10 High
18. **My ability to express my true feelings openly without embarrassment is**  
Low 1 2 3 4 5 6 7 8 9 10 High
19. **My ability to stand up for what I think is right when others are afraid to is**  
Low 1 2 3 4 5 6 7 8 9 10 High
20. **My ability to listen to others with understanding and without judging them is**  
Low 1 2 3 4 5 6 7 8 9 10 High

Please circle your Team Letter  
(It is on your name label in the upper right hand corner of your manual)

A B C D E F G H I J K L

Thank you!





# 2012 Y-RYLA: The Power of One

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## Monday, July 30th, 2012

**6:45 am** Wake Up

*Out and about – see posted schedule*

**7:00 am** Morning Activities

*Dining Hall*

**7:30 am** Breakfast

*Allison Pavillion*

**8:00 am** Word of Focus

*Allison Pavillion*

**8:15 am** True Colors : John Ahlenius

*Out and about*

**9:30 am** Team Building Activities

*Allison Pavillion*

**10:45 am** Brainwise – JCs

**12:00 pm** Counselor Skit

*Dining Hall*

**12:15 pm** Lunch

*Allison Pavillion*

**1:00 pm** Word of Focus

|         | Teams A B C D | Teams E F G H | Teams I J K L |
|---------|---------------|---------------|---------------|
| 1:20 PM | My Life List  | Swept Away    | Towers        |
| 2:40 PM | Towers done   | My Life List  | Swept Away    |
| 4:00 PM | Swept Away    | Towers        | My Life List  |

*Allison Pavillion – My Life List*

*Gym – Towers*

*Team Spots – Swept Away*

*Dining Hall*

**5:20 pm** Dinner

*Allison Pavillion*

**6:00 pm** Word of Focus

*Team Spots*

**6:15 pm** Skit Prep

**7:15 pm** Reflection Time

**7:40 pm** Twilight Time and Galaxy Galley

*Dorms*

**10:00 pm** Quiet Time

**10:30 pm** Lights Out

**If**

If you can keep your head when all about you  
Are losing theirs and blaming it on you;  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too:  
If you can wait and not be tired by waiting,  
Or, being lied about, don't deal in lies,  
Or being hated don't give way to hating,  
And yet don't look too good, nor talk too wise;

If you can dream---and not make dreams your master;  
If you can think---and not make thoughts your aim,  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same:  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build'em up with worn-out tools;

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings,  
And never breathe a word about your loss:  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue,  
Or walk with Kings---nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much:  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And---which is more---you'll be a Man, my son!

Rudyard Kipling

# WHAT ARE YOUR TRUE COLORS?

Rank each grouping across each row from left to right as to the highest priority in your life or most like you. Give a 4 for the highest down to the 1 as lowest. Don't use a number twice in each row.

Add the numbers in each column to determine the amount of each color in your personality.

Calculate the percentage of each color in your personality ((total at bottom of column / 16) X 100)

RANK NUMBERS 1 TO 4 IN THIS DIRECTION



|                                      |                                          |                                          |                                              |
|--------------------------------------|------------------------------------------|------------------------------------------|----------------------------------------------|
| Active<br>Variety<br>Sports___       | Organized<br>Plan<br>Neat___             | Nice<br>Helpful<br>Friends___            | Learning<br>Science<br>Privacy___            |
| Fun<br>Action<br>Contests___         | Clean<br>On-Time<br>Honest___            | Caring<br>People<br>Feeling___           | Curious<br>Ideas<br>Questions___             |
| Playful<br>Quick<br>Adventuresome___ | Helpful<br>Trustworthy<br>Dependable___  | Kind<br>Understanding<br>Giving___       | Independent<br>Exploring<br>Doing Well___    |
| Busy<br>Free<br>Winning___           | Follow Rules<br>Useful<br>Save money___  | Sharing<br>Getting along<br>Animals___   | Thinking<br>Solving Problems<br>Challenge___ |
| Exciting<br>Lively<br>Hands-on___    | Pride<br>Tradition<br>Do things right___ | Nature<br>Easy Going<br>Happy Endings___ | Books<br>Math<br>Making sense___             |

**Amount Orange**

\_\_\_\_ / \_\_\_\_ %

**Amount Gold**

\_\_\_\_ / \_\_\_\_ %

**Amount Blue**

\_\_\_\_ / \_\_\_\_ %

**Amount Green**

\_\_\_\_ / \_\_\_\_ %

# True Colors

WE HAVE ALL FOUR OF THE TRUE COLORS IN SOME VARIATION.

WE USE TRUE COLORS AS A TOOL TO EXPLAIN BEHAVIOR,  
NOT EXCUSE IT.

WE ARE NOT TRYING TO STEREOTYPE OTHERS OR LIMIT OURSELVES.

EVERY COLOR HAS STRENGTHS & CHALLENGES.

Copyright of True Colors  
Adapted by Emily Prascher

## **WHEN I AM GREEN...**

I seek knowledge & understanding.  
*Analytical – Global – Conceptual*

I live life by my own standard.  
*Cool – Calm – Collected*

I need explanations & answers.  
*Inventive – Logical – Perfectionistic*

I value intelligence, insight, fairness and justice.  
*Abstract – Hypothetical – Investigative*

I am a natural non-conformist, a visionary and a problem solver.

### **Green May Perceive Self As:**

- Confident
- Mentally Tough
- Logical, Rational
- Visionary, Inventive
- Self-Controlled
- Enjoying One's Own Company
- Good at Analysis/Objective
- Having Ability to Reprimand
- Having High Expectations
- Respecting Knowledge
- A Deep Thinker

### **Others May Perceive Green As:**

- Arrogant, Know It All
- Cold, Hard
- Insensitive
- Head in the Clouds
- Cool, Aloof, Unfeeling
- Afraid to Open Up
- Critical, Fault-Finding
- Lacking Compassion
- Unappreciative of Others
- Intellectually Demanding
- Argumentative
- Absent Minded

### **Greens Are Stressed Out By:**

- Not Being In Charge
- Lack of Independence
- Subjective Judgment
- Elaborate Use of Adjectives
- Emotional Displays
- Small Talk
- Routine
- Social Functions
- Lack of recognition of their abilities
- Incompetence

# True Colors – Green Character Traits

**Values:** Intellectual (achievements), Logic, Knowledge, Competency

**Joys:** High achievement, Recognition of ideas, Personal achievement, Meeting challenges, Investigation

**Strengths:** Confidence, Analysis/Analytical, Logic, Problem-solving, Determination

**Needs:** Challenge, Need to understand, Autonomy, Truth and Facts, Accuracy

**Stresses/Frustration:** Rules, Unfairness, Incompetence, Confusion, Nonsense rules

**Life Philosophy:** Knowledge is power”

**Nicknames:** Visionary/Architect

**Leadership Strengths:** Excellent analytical skills, Enjoys complicated theories and models, Comfortable with rapid change

**Keys to Leadership Success:** Clarity, Competence, Intelligence, Logic, Ideas, Critical Thinking

**Keys to Personal Success:** Using precise language, Exploring ideas, Abstract thinking, Striving for competence

**Team Contributions:** Can see the “big picture”, Can see potential barriers, Not afraid to challenge the process

**How it helps to understand green friends:** Be aware of their curiosity about life. Respect their need for independence and know that they are caring even though they may not show their feelings easily. Reinforce their new ideas and concepts.

**How it helps to understand green teachers:** Be curious, observing, and ask lots of questions. Be open to their ideas and praise their competence and knowledge. Be original in your assignments. They like to say it once, so pay attention the first time.

**How it helps to understand green parents/adults:** Respect their preoccupation with wisdom, knowledge, ideas and logic. Help them with the day-to-day details and praise their ingenuity and intelligence. Think ahead because they are future-oriented.

## WHEN I AM BLUE...

I need to feel unique and authentic.  
*Enthusiastic – Sympathetic – Personal*

I look for meaning and significance in life.  
*Warm – Communicative – Compassionate*

I need to contribute, to encourage and to care.  
*Idealistic – Spiritual – Sincere*

I value integrity and unity in relationships.  
*Peaceful – Flexible – Imaginative*

I am a natural romantic, a poet and a nurturer.

### Blue May Perceive Self As:

- Having Feelings
- Compassionate
- Romantic
- Idealistic
- Empathetic
- Caring
- Seeing the Best in Others
- Nurturing
- Liking to Please People
- Wanting Harmony
- Great Communicator
- Valuing Feelings

### Others May Perceive Blue As:

- Very Emotional
- Overly Sensitive
- Mushy
- Too Tender-Hearted
- Easily Persuaded
- Too Nice
- Too Trusting
- Smothering
- Too Soft, Too Giving
- Weak
- Talking Too Much
- Illogical

### Blues Are Stressed Out By:

- Broken Promises
- Too Much Negative
- Not Being Involved
- Lack of Social Contact
- Clock Watching
- Being Compared to Others
- Lying
- Rejection
- Insincerity
- Completing Paperwork
- Placing the System Before People
- Conflict



# True Colors – Blue Character Traits

**Values:** Honesty, Friendship, Sensitivity, Harmony, Compassion

**Joys:** Romance, Family, Friendships, Music, Affection

**Strengths:** Communication, Creativity, Nurturing, Sincerity, Listening

**Needs:** Harmony, People, Understanding, Love, Affection

**Stresses/Frustration:** Disharmony, Uncaring, Time limits, Insincerity, Lack of romance

**Life Philosophy:** “To thine own self be true”

**Nicknames:** Catalyst/Energizer

**Leadership Strengths:** Creates enthusiasm and energy, Finds potential in others, Natural democratic leader

**Keys to Leadership Success:** Authenticity, Harmony, Uniqueness, Self-actualization, Cooperation, Personal relationships

**Keys to Personal Success:** Devotion to relationships, Making a difference in the world, Seeking harmony, Self-searching

**Team Contributions:** Ensures group participation, Brings inspiration and enthusiasm, Values open and honest communication

**How it helps to understand blue friends:** Spend quality time, one-on-one with them. Be aware that they wear their hearts on their sleeves. Listen to them as they listen to you and be supportive. Share your thoughts and feelings and praise their imagination and creativity.

**How it helps to understand blue teachers:** Respect their concern for the feelings of students. Get along with other students in the class. Offer your ideas and feelings and give the teacher positive feedback. Appreciate their warmth and caring attitude. Be dramatic and expressive.

**How it helps to understand blue parents/adults:** Respect their need to know about you. Be truthful, sincere, helpful, open and communicative. Take a creative approach to problem solving and cooperate with other family members. Show that you value them through thoughtfulness.

## WHEN I AM GOLD...

I follow the rules and respect authority.

*Loyal – Dependable – Prepared*

I have a strong sense of what is right and wrong in life.

*Thorough – Sensible – Punctual*

I need to be useful and to belong.

*Faithful – Stable – Organized*

I value home, family and tradition.

*Caring – Concerned – Concrete*

I am a natural preserver, a good citizen and helpful.

### Gold May Perceive Self As:

- Consistent
- Providing Structure
- Goal-Oriented
- Very Traditional
- Knowing Right From Wrong
- Loyal to Organization
- Realistic
- Decisive, Seeking Closure
- Dependable
- Concerned About Security
- Follower of a Routine
- Having Leadership Ability

### Others May Perceive Gold As:

- Rigid, Inflexible
- Controlling, Bossy
- Too Serious
- Resistant to Change
- Opinionated
- System-Bound
- Lacking Imagination
- Judgmental
- Boring
- Uptight
- Predictable
- Autocratic

### Golds Are Stressed Out By:

- Incomplete Tasks
- Disorganization
- Irresponsibility
- Changing Details
- Lack of Direction
- Waste
- Non-Conformity
- Lack of Structure
- Haphazard Attitude
- Too Many Things Going On At Once
- People Who Don't Follow Through
- Ambiguous Tasks

# True Colors - Gold Character Traits

**Values:** Loyalty, Dependability, Honestly, Responsibility, Perfection

**Joys:** Time for family, Home, Job satisfaction, Order, Sense of family

**Strengths:** Organization, Commitment, Consistency, Responsibility, Dependability

**Needs:** Stability, Time, Consistency, Organization, Appreciation

**Stresses/Frustration:** Lack of control, Change, Disloyalty, Money insecurity, Inconsistency

**Life Philosophy:** "Be prepared"

**Nicknames:** Stabilizer/Traditionalist

**Leadership Strengths:** Establishes and follows policies, procedures and rules, Meticulous attention to detail

**Keys to Leadership Success:** Tradition, Dependability, Loyalty, Discipline, Trustworthy, Decisiveness

**Keys to Personal Success:** Work ethic, Predictability, Sense of history, Home and family

**Team Contributions:** Stabilizing force, Gets the job done

**How it helps to understand gold friends:** Try to be organized, efficient, dependable and loyal. Remember to be on time. They are generous and like things to be returned. Respect their need for security and do what you say you will do.

**How it helps to understand gold teachers:** Pay attention to details and be neat and orderly. Respect their need for rules and regulations. They value their position as a teacher, so follow directions carefully. Make an extra effort to be on time for class.

**How it helps to understand gold parents/adults:** Respect their need for tradition and stability. Be loyal, dependable and truthful. Be up front with them and understand their desire for structure and security. Be clean and neat in appearance.

## WHEN I AM ORANGE...

I act on a moment's notice.  
*Witty – Charming – Spontaneous*

I consider life as a game, here and now.  
*Impulsive – Generous – Impactful*

I need fun, variety, stimulation, and excitement.  
*Optimistic – Eager – Bold*

I value skill, resourcefulness, and courage.  
*Physical – Immediate – Fraternal*

I am a natural trouble-shooter, a performer, and a competitor.

### Orange May Perceive Self As:

- Flexible, Easy-Going
- Having a Playful Attitude
- Exploring New Possibilities
- Clever, Good Negotiator
- Open to Change
- Having Many Interests
- Able to Do Many Things
- Adventurous, Courageous
- Valuing Freedom
- Bold, Assertive
- Fun-Loving, Enjoying Life
- Independent

### Others May Perceive Orange As:

- Irresponsible
- Goofing Off Too Much
- Manipulative
- Unable to Stay On Task
- Scattered
- Taking Unnecessary Risks
- Resisting Closure or Decisions
- Obnoxious
- Immature
- Self-Centered

### Oranges Are Stressed Out By:

- Repetition
- Following Detailed Directions
- Routine
- Deadlines
- Inactivity
- Lack of Fun
- Lack of Variety
- Too Much Responsibility
- Rules and Regulations
- Being Stuck at a Desk
- Abstract Concepts
- Reading Manuals
- Imposed Structure
- Personal Criticism

# True Colors – Orange Character Traits

**Values:** Freedom, Adventure, Fun/Play, Variety, Spontaneity

**Joys:** People, fun, Adventure, Excitement, Performing

**Strengths:** Independence, Flexibility, Energy, Taking action, Optimism

**Needs:** Freedom, Variety, Money, Recognition, Expression

**Stresses/Frustration:** Being on time, Waiting, Lack of money, Unnecessary routine, Rigidity

**Life Philosophy:** “Forget the torpedoes, full speed ahead!”

**Nicknames:** Troubleshooter, Negotiator

**Leadership Strengths:** Welcomes change and taking risks, Excels in crisis situations, Flexible, yet practical

**Keys to Leadership Success:** Action, Variety, Performance, Fun, Freedom, Spontaneity

**Keys to Personal Success:** The impulse to really live, Testing limits, The need for variety, Spontaneous relationships

**Team Contributions:** Quickly diagnoses problems, works well under pressure, Sees opportunities

**How it helps to understand orange friends:** Be active with them and do not slow down. Be energetic and ready to go. Be adventurous, optimistic, spontaneous, and fun. Compete in fun when appropriate. Do not play heavy.

**How it helps to understand orange teachers:** Because they like students to solve problems and to move quickly, be open and ready to wing it. Be willing to work on your hands-on activities. Respect their changes of directions and fast pace. Get actively involved in class.

**How it helps to understand orange parents/adults:** Compliment their generosity and sense of humor. Use a direct, right-to-the-point approach. Get involved in physical activities with them. Respect their lack of structure and need for space

## Lizard and Wizard Brain Behaviors

### GREEN

#### "Lizard Brain" Behaviors

- Behaves indecisively
- Refuses to comply or cooperate
- Extreme aloofness and withdrawal
- "Snobbish" put-downs and sarcastic remarks
- Refuses to communicate, the silent treatment
  
- Perfection ties to performance anxiety
- Highly critical towards self and others

#### "Wizard Brain" Behaviors

- Questions and explores ideas
- Considers others ideas
- Works independently
- Pleasant but not very social
- Thrives on own work and ingenuity
- Strives for improvement
- Has high expectations

### BLUE

#### "Lizard Brain" Behaviors

- Attention-getting behavior
- Lying to "save face"
- Withdraws
- Fantasizes, day-dreams excessively
- Overly expresses emotions
- Behaves in passive, resistant ways
- Cries often & appears depressed

#### "Wizard Brain" Behaviors

- Appreciates everything, everyone
- Behaves with honesty & integrity
- Likes teamwork
- Creates things to make life better
- Strives for peace & harmony
- Contagiously enthusiastic
- Cooperative & encouraging

### GOLD

#### "Lizard Brain" Behaviors

- Complains & behaves with self pity
- Exhibits anxiety & worry
- Is depressed & acts fatigued
- Expresses psychosomatic problems
- Malicious in judgment of self & others
- Exhibits "blind herd" mentality
- Exhibits phobic reactions

#### "Wizard Brain" Behaviors

- Task & structure focused
- Serious attitude
- Likes to do things to help
- Cares for own body & health
- Direct but cautious
- Respects authority
- Is dependable & reliable

### ORANGE

#### "Lizard Brain" Behaviors

- Acts rude & with defiance
- Breaks the rules on purpose
- Runs away, drops out
- Involved with alcohol, drugs adventures
- Acts out boisterously
- Lying & cheating behavior
- Violent behavior

#### "Wizard Brain" Behaviors

- Acts boldly & is direct
- Risk-taking behavior
- Acts impulsively & spontaneously
- Seeks reasonably "safe"
  
- Has high expectations
- Wants "hands-on" activities
- Is assertive & to the

**BRAINWISE NOTES**  
**Synopsis Created By Dr. Lloyd Thomas**

**Underlined Wise Ways are the ones we are focusing on during YRYLA Camp II**

**WISE WAY #1:** Use your Wizard Brain (frontal cortex) rather than your Lizard Brain (hypothalamic system). The former is the seat of thinking, judgment, logic and rational decision-making. The latter is emotional reactivity, survival reflexes and non-rational choices/decisions.

**WISE WAY #2:** Build a strong support system of resources: non-toxic people; programs; books; classes; networks etc. Toxic people (jerks) are always focused on the negative and you feel worse/drained after interacting with them. Supportive people focus on the positive and making suggestions on how you can attain your desired outcomes. They accept you and are “there for you.”

**WISE WAY #3:** Become aware of “red flags.” Red flags are those intuitive (small voices) senses that something is not right about the situation/behavior/choices/decisions... yours and others’. Becoming sensitive to, and recognizing red flags clues you in to use your Wizard Brain rather than simply reacting from your Lizard Brain.

**WISE WAY #4:** Learn how to manage your strong emotions. Managing your emotional life usually means to practice lowering the intensity of your fear, anger, sadness, joy, etc. High-intensity of emotions are always stressful. Practice using your strong emotions to motivate you to act in ways that are beneficial (and calming) to you and those around you. Emotional-management tools might include: modifying your self-talk; breath control; distracting yourself; declaring/taking “time out”; and relaxation skills. Always maintain your emotions at a lower level than the other person(s) with whom you are interacting.

**WISE WAY #5:** Practice distinguishing between “facts” and “opinions.” Former Senator, Patrick Moynihan, once said, “You have the right to your opinions, but you do not have the right to the facts.” Much of our emotional reactivity is based on opinions we hold that differ from the opinions of others. If you seek out and focus on facts (the truth) rather than react to opinions, you will make better/rational decisions and choices.

**WISE WAY #6:** Learn to ask questions (make inquiries) rather than trying to come up with all the “right” answers. Become curious about circumstances/situations that raise “red flags.” Ask questions that begin with the words, “Who, What, Where, When, How and Why. Ask questions (make inquiries) that require more than single-word responses and that trigger thoughtfulness in others. Ask yourself similar questions.

**WISE WAY #7:** Realize that no matter what happens, you always have multiple choices about how you respond in any given situation. No one can take away your ability to choose how you respond, how you choose to think or how you choose to interpret reality. Remember that not making a choice is also a choice.

**WISE WAY #8:** Realize that there are *ALWAYS* consequences to your thoughts, choices, decisions, every action, all your behavior. The trick is to learn what consequences are connected to what behavior. If you want good, positive consequences to happen, learn what choices will most likely lead to those results. If you are not aware of possible consequences of your actions, it is like shooting an arrow without knowing where the target is. If you choose not to act at all out of fear of the consequences, you become a victim of circumstance and lose control of your own life.

**WISE WAY #9:** Take control of your life by envisioning the outcomes you really want (dreams); setting realistic goals for yourself; prepare plans (strategies) for goal attainment; commit yourself to attaining your desired outcomes; and take actions that increase the probability you will reach your goals and fulfill your desires.

**WISE WAY #10:** Learn effective communication skills. Probably the most important communication skill is *LISTENING*. Listen out of curiosity and genuine interest. Avoid rehearsing your replies while others are speaking. There is rarely ever a time when you need to reply/respond immediately. Think before you speak. Make "I-statements." Practice the phrases: "I want (or need) .... Will you ...." All other phrases are either indirect or not asking.



## ~ A Splash of Inspiration ~

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### **Giving When it Counts.**

Many years ago, when I worked as a volunteer at a hospital, I got to know a little girl named Liz who was suffering from a rare and serious disease. Her only chance of recovery appeared to be a blood transfusion from her 5-year old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother and asked the little boy if he would be willing to give his blood to his sister. I saw him hesitate for only a moment before taking a deep breath and saying, "Yes, I'll do it if it will save her." As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the color returning to her cheek. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away?" Being young, the little boy had misunderstood the doctor; he thought he was going to have to give his sister all of his blood in order to save her. Yet he was willing.

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### **Unselfishly Serving Others**

Pickup in the rain one night, at 11.30 p.m., an older African American woman was standing on the side of an Alabama highway trying to endure a lashing rainstorm. Her car had broken down and she desperately needed a ride. Soaking wet, she decided to flag down the next car. A young white man stopped to help her, generally unheard of in those conflict-filled 1960s. The man took her to safety, helped her get assistance and put her into a taxicab. She seemed to be in a big hurry, but wrote down his address and thanked him. Seven days went by and a knock came on the man's door. To his surprise, a giant console color TV was delivered to his home. A special note was attached. It read:

"Thank you so much for assisting me on the highway the other night. The rain drenched not only my clothes, but also my spirits. Then you came along. Because of you, I was able to make it to my dying husband's bedside just before he passed away. God bless you for helping me and unselfishly serving others."

Sincerely, Mrs. Nat King Cole

# ***“My Life List”***

When John Goddard was 15 years old, he overheard his parents friends say, “I wish I were John’s age again, I would do things differently.” Something about that remark seemed to have touched a nerve inside the boy. He took out a yellow legal pad and wrote the words, “My Life List” across the top. He began writing down goals. The list grew to 127 items. Today, John has accomplished all but 13 of those original goals. The ones not accomplished by June 2006 are designated with an (\*).

## **Explore:**

1. Nile River
2. Amazon River
3. Congo River
4. Colorado River
5. Yangtze River, China
- \*6. Niger River
- \*7. Orinoco River, Venezuela
8. Rio Coco, Nicaragua

## **Study Native Cultures In:**

9. Congo
10. New Guinea
11. Brazil
12. Borneo
13. Sudan
14. Australia
15. Kenya
16. Philippines
17. Tanganyika (now Tanzania)
18. Ethiopia
19. Nigeria
20. Alaska

## **Climb:**

- \*21. Mount Everest
- \*22. Mount Aconcagua, Argentina
- \*23. Mount McKinley
24. Mount Huascarán, Peru
25. Mount Kilimanjaro, Africa
26. Mount Ararat, Turkey
27. Mount Kenya
- \*28. Mount Cook, New Zealand
29. Mount Popocatepetl, Mexico
30. The Matterhorn
31. Mount Rainer
32. Mount Fuji
33. Mount Vesuvius
34. Mount Bromo, Java
35. Grant Tetons
36. Mount Baldy, California

## **Study/Learn:**

37. Carry out careers in medicine and exploration
- \*38. Visit every country in the world (30 to go)
39. Study Navaho and Hopi Indians
40. Learn to fly a plane
41. Ride horse in a Rose Bowl Parade

## **Photograph:**

42. Iguazu Falls, Brazil
43. Victoria Falls, Rhodesia
44. Sutherland Falls, New Zealand
45. Yosemite Falls
46. Niagara Falls
  
47. Retrace the travels of Marco Polo and Alexander the Great

## **Explore Underwater:**

48. Coral Reefs of Florida
49. Great Barrier Reef, Australia
50. Red Sea
51. Fiji Islands
52. The Bahamas
53. Explore Okefenokee and Everglades

## **Visit:**

- \*54. North and South Poles
55. Great Wall of China
56. Panama and Suez Canals
57. Easter Island
58. The Galapagos Islands
59. Vatican City
60. The Taj Mahal
61. The Eiffel Tower
62. The Blue Grotto
63. The Tower of London
64. The Leaning Tower of Pisa
65. Sacred Well of Chichen-Itza
66. Climb Ayers Rock, Australia
67. Follow River Jordan from Sea of Galilee to the Dead Sea

### Swim In:

- 68. Lake Victoria
- 69. Lake Superior
- 70. Lake Tanganyika
- 71. Lake Titicaca, Peru
- 72. Lake Nicaragua

### Accomplish:

- 73. Become an Eagle Scout
- 74. Dive in a submarine
- 75. Land on and take off from an aircraft carrier
- 76. Fly in a blimp, hot air balloon, glider
- 77. Ride and elephant, camel, ostrich and bronco
- 78. Skin dive to 40 feet, hold breath 2.5 minutes underwater
- 79. Catch a 10 lb lobster and ten-inch abalone
- 80. Play a flute and violin
- 81. Type 50 words a minute
- 82. Take a parachute jump
- 83. Learn water and snow skiing
- 84. Go on a church mission
- 85. Follow the John Muir Trail
- 86. Study native medicines, bring back useful ones
- 87. Bag camera trophies of elephant, lion, rhino, cheetah, cape buffalo and whale
- 88. Learn to fence
- 89. Learn jujitsu
- 90. Teach a college course
- 91. Watch a cremation ceremony in Bali
- 92. Explore the depths of the sea
- \*93. Appear in a Tarzan movie
- \*94. Own a horse, chimp, cheetah, ocelot and coyote (Chimp and cheetah to go)
- \*95. Become a ham radio operator
- 96. Build own telescope
- 97. Write a book
- 98. Publish article in National Geographic
- 99. High jump 5 feet
- 100. Broad jump 15 feet
- 101. Run a mile in 5 minutes
- 102. Weigh 175 (still does)
- 103. Perform 200 sit-ups and 20 push ups
- 104. Learn French, Spanish, and Arabic
- 105. Study dragon lizards of Komono Island
- 106. Visit birthplace of grandfather Sorrenson
- 107. Visit birthplace of grandfather Goddard
- 108. Ship aboard a freighter as a seaman
- \*109. Read the entire Encyclopedia Britannica
- 110. Read the Bible cover to cover
- 111. Read the works of Shakespeare, Plato, Aristotle, Thoreau, Poe, Rousseau, Bacon, Hemingway, Dickens, Twain, Burroughs, Conrad, Talmage, Tostoi, Longfellow, Keats, Whittier and Emerson
- 112. Become familiar with the compositions of Bach, Beethoven, Debussy, Ibert, Mendelssohn, Lalo, Rimski-Korsakov, Respighi, Liszt, Rachmaninoff, Stravinsky, Toch, Tshchikovsky, and Verdi
- 113. Become proficient in the use of a plane, motorcycle, tractor, surfboard, rifle, pistol, canoe, microscope, football, basketball, bow and arrow, lariat and boomerang
- 114. Compose music
- 115. Play Clair de Lune on the piano
- 116. Watch fire-walking ceremony in Bali
- 117. Milk a poisonous snake
- 118. Light a match with a 22 rifle
- 119. Visit a movie studio
- 120. Climb Cheops' Pyramid
- 121. Become a member of the Explorers' Club and the Adventures' Club
- 122. Learn to play Polo
- 123. Travel the Grand Canyon (by foot and boat)
- 124. Circumnavigate the globe (4 times)
- \*125. Visit the moon
- 126. Marry and have children (has 5 kids)
- 127. Live to see the 21<sup>st</sup> Century

***Your Life List – So, what’s on your life list?*** Have you ever sat down and created your own life list? If so, how long ago was that and have you continued to add to the list? A ***My Life List***, exercise is a great way to set a plan into action for creating an exciting and successful future. Here is the path:

1) Creating your life list, 2) make sure you have the “vision” of what you want clearly in your mind, 3) take action through personal initiative, 4) attract and find people (mentors) to help you achieve these goals, and 5) persevere by never, never, never giving up. Have a “great future of success!” As John would say, “This conversation it to be continued.”

John Goddard recently published a book titled, ***The Survivor: 24 Spine-Chilling Adventures on the Edge of Death*** (Health Communications, Inc.) which further describes his Life List, many additional goals beyond the original 127 and how he achieve them. Check it out – it’s a good read!

# ***My Life List***

*At Least What I Can Think of Today*

*Name* \_\_\_\_\_ *Date*\_\_\_\_\_

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# My Life List:

**Goal :** \_\_\_\_\_

**Time Frame (deadline):** \_\_\_\_\_

**Things to Do in Order To Achieve that Goal:**

**People/Mentors that can Help Me: (constellation of support)**

Talk To: \_\_\_\_\_

By Which Date: \_\_\_\_\_

Learn About: \_\_\_\_\_

\_\_\_\_\_

Talk To: \_\_\_\_\_

By Which Date: \_\_\_\_\_

Learn About: \_\_\_\_\_

\_\_\_\_\_

Talk To: \_\_\_\_\_

By Which Date: \_\_\_\_\_

Learn About: \_\_\_\_\_

\_\_\_\_\_

**Knowledge/Information Required:**

Item #1: \_\_\_\_\_

How do I gain that knowledge: \_\_\_\_\_

\_\_\_\_\_

Date I will have that information: \_\_\_\_\_

Item #2: \_\_\_\_\_

How do I gain that knowledge: \_\_\_\_\_

\_\_\_\_\_

Date I will have that information: \_\_\_\_\_

Item #3: \_\_\_\_\_

How do I gain that knowledge: \_\_\_\_\_

\_\_\_\_\_

Date I will have that information: \_\_\_\_\_

**What do I Need (supplies, money,etc):**

What do you need: \_\_\_\_\_

How much does it cost: \_\_\_\_\_

How can you raise this money: \_\_\_\_\_

\_\_\_\_\_

Who can help you with this: \_\_\_\_\_

When will you contact this person: \_\_\_\_\_

What do you need: \_\_\_\_\_

How much does it cost: \_\_\_\_\_

How can you raise this money: \_\_\_\_\_

\_\_\_\_\_

Who can help you with this: \_\_\_\_\_

When will you contact this person: \_\_\_\_\_

What do you need: \_\_\_\_\_

How much does it cost: \_\_\_\_\_

How can you raise this money: \_\_\_\_\_

\_\_\_\_\_

Who can help you with this: \_\_\_\_\_

When will you contact this person: \_\_\_\_\_

## Swept Away and Staying On top

On January 6, 2007 Dave Boon, his wife June and a friend of the family, 13-year-old Gary Martinez who attended the 2006 YRYLA, were driving up Berthoud Pass on Highway 40 for two days of skiing at the Winter Park – Mary Jane ski area. As we started the steep climb after the turn toward the summit of Berthoud Pass the song, *Affirmation* by Savage Garden started to play on the CD player. Stanley Mountain rising to a height of 12,524 feet was on our left as we saw the first “Avalanche Area – No Stopping” signs.

I was marveling at the gorgeous deep blue sky when something caught my eye about twenty yards ahead of our car and to the left a small cloud of powder came down onto the road. Both of my hands were on the steering wheel and this little white puff of powder was the only warning we got. Less than a second later our car was literally blown out of control and slammed into the guard rail by a blast of air and snow. It was a total white out and I could not see past my windshield and I could hear snow and ice hitting our car as if being blown by a 120mph wind. One moment I was going 45 mph looking at royal blue sky and now something very wrong was going on – my mind knew I had not hit a car, I wasn't in an accident, I just thought, “What is going on.”

The next instant we were hit by an incredible force – one I can only describe as being hit by a freight train. The impact caused the car to flip into the air – then I knew what it was. We had been swept away by an avalanche – a massive avalanche. Everything went dark and we flew into the air. Over and over we went in total darkness. We must have flipped several times in the air before we hit the ground and started to roll. We had driven this road hundreds if not a thousand times and I thought about the steepness of the slope the avalanche was going down – with us in it. The slope must be 30-40° so we were going for quite a wild and long ride. We rolled over and over. Everything was black, we couldn't see anything. We just kept rolling. Then we hit something and the car starting spinning upside down. We started slowing down and as we did, June shouted, “Make an air space. Make an air space.” Then the car came to a stop.

### ***Everything was dark – we were upside down and we were buried alive.***

1. What are the things in life that knock you off your Highway 40 (the highway to accomplishing your dreams and goals)? List all the things you can think of that slow you down or keep you from staying on a positive path in life. Post these negative influences on “post-its” and place them on the wall.

**Staying On Top** - If you are ever in an avalanche get rid of everything that can bring you down – get rid of your pack, ski poles, skis or snow shoes, -- then try and swim with the mass of moving snow trying your best to keep your head up and staying on top. If you do get below the surface and as the snow slows down try and pack the biggest air-space you can in front of your mouth – it may be the only air you have.

2. Now list all the things you can do to “stay on top” and not get buried or swept away or away by bad influences. Again, put them on “post-its” and place them on the wall.
3. As a group discuss what sweeps you off your highway of life and what you can do to “stay on top.” Have any of these things happened to you or your friends? Could you have used some of the techniques or ideas for staying on top? Will you be better prepared next time to stay on top and not get swept away?





## ~ A Splash of Inspiration ~

"Go confidently in the direction of your dreams. Live the life you imagined."

-**Thoreau**

"Three grand essentials to happiness in this life are something to do, something to live, and something to hope for." - **Joseph Addison**

"The only people who never fail are those who never try." -**Iika Chase**

"To the world you may be just one person, but to one person, you may be the world." - **Josephine Billings**

"Only those who risk going too far will ever know how far they can truly go."

-**Unknown**

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### Lesson #1: The Cleaning Lady

During my second month of college, our professor gave us a pop quiz. I was a conscientious student who had breezed through the questions, until I read the last one, "What is the first name of the woman who cleans the school?"

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50's, but how would I know her name? I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade. "Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say hello."

I've never forgotten that lesson. I also learned her name was Dorothy.

~Unknown

# 2012 Y-RYLA: The Power of One

## Tuesday, July 31st, 2012

**6:45 am** Wake Up

*Out and about – see posted schedule*

**7:00 am** Morning Activities

*Dining Hall*

**7:30 am** Breakfast

**8:00 am,** Word of Focus

*Out and about – follow your team counselor*

| Time         | A   | B   | C   | D   | E   | F   | G  | H  | I   | J   | K   | L   |
|--------------|-----|-----|-----|-----|-----|-----|----|----|-----|-----|-----|-----|
| 8:15– 9:15   | 4WT | SP  | StP | TW  | AA  | CC  | ZL | EB | StP | CH  | CV  | FMV |
| 9:15 – 10:15 | FMV | 4WT | SP  | StP | TW  | AA  | CC | ZL | EB  | StP | CH  | CV  |
| 10:15–11:15  | CV  | FMV | 4WT | SP  | StP | TW  | AA | CC | ZL  | EB  | StP | CH  |
| 11:15–12:15  | CH  | CV  | FMV | 4WT | SP  | StP | TW | AA | CC  | ZL  | EB  | StP |

*Dining Hall*

**12:15pm** Lunch

*Allison Pavilion*

**1:15 pm** Word of Focus

*Out and about – follow your team counselor*

| Time        | A  | B  | C  | D   | E   | F   | G   | H   | I  | J  | K  | L  |
|-------------|----|----|----|-----|-----|-----|-----|-----|----|----|----|----|
| 1:30 – 2:30 | RB | CH | CV | FMV | 4WT | SP  | RB  | TW  | AA | CC | ZL | EB |
| 2:30 – 3:30 | EB | RB | CH | CV  | FMV | 4WT | SP  | RB  | TW | AA | CC | ZL |
| 3:30 – 4:30 | ZL | EB | RB | CH  | CV  | FMV | 4WT | SP  | RB | TW | AA | CC |
| 4:30 – 5:30 | CC | ZL | EB | RB  | CH  | CV  | FMV | 4WT | SP | RB | TW | AA |

*Dining Hall*

**5:30 pm** Dinner

*Allison Pavilion*

**6:30 pm** Word of Focus

**6:45 pm** Movie: Remember the Titans

*Team Spots*

**8:45 pm** Reflection Time  
**9:00 pm** Twilight Time and Snacks

*Dorms*

**10:15 pm** Quiet Time  
**10:30 pm** Lights Out

Key to Matrix and Locations

AA – All Aboard-----Outdoors (Behind Porta-Potty) **9**  
CC – Challenge Course-----Ponderosa Challenge Course **8**  
CH – Choices-----Allison **4**  
CV – Core Values-----Pikes Peak 1<sup>st</sup> Floor **3**  
EB – Ebola-----Mikaila and Junior’s Freaky Forest **6**  
FMV – Finding My Voice-----Pikes Peak Attic **2**  
RB – RYLA Ball-----Ball Field **5/11**  
StP – Star Prep-----Cagle Upstairs and Downstairs **5/11**  
TW – Trust Walk-----Jim’s Meadow and Woods **10**  
ZL – Zip Line-----Ponderosa Zip Line **7**  
4WT – Four Way Test-----Pine **1**  
SP- Service Project-----Elk Room **12**

# PONDEROSA

## Retreat & Conference Center

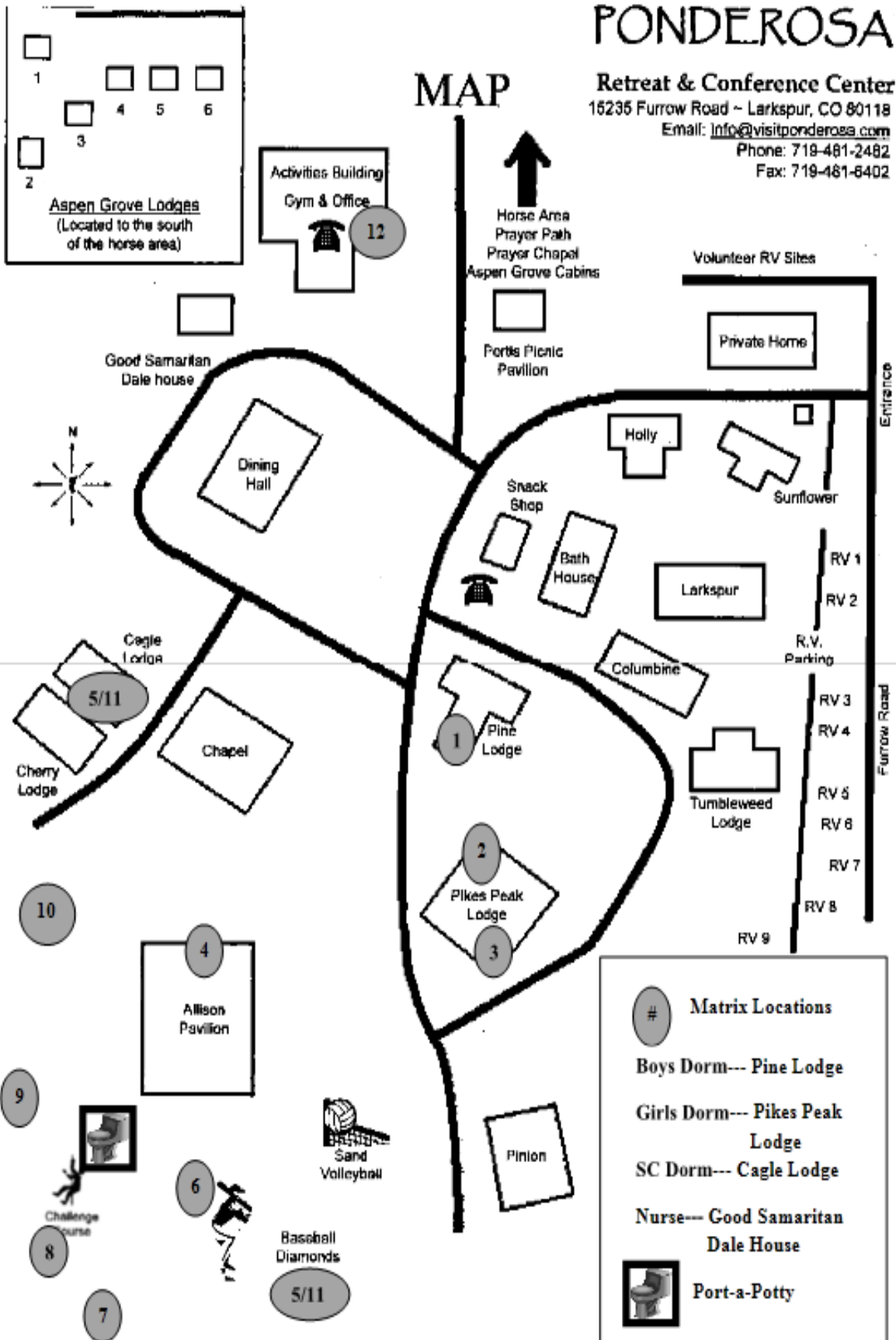
15235 Furrow Road ~ Larkspur, CO 80118

Email: [info@visitponderosa.com](mailto:info@visitponderosa.com)

Phone: 719-481-2482

Fax: 719-481-8402

## MAP



# **Ethics and The Four-Way Test**

**By Doug Young**

District 5450 Ethics Committee Chairman

## **Of the things we think, say or do**

- Is it the Truth?
- Is it Fair to all concerned?
- Will it build Good Will and Better Friendships?
- Will it be Beneficial to all concerned?

From the earliest days of the organization, Rotarians have been concerned with promoting high ethical standards in their professional lives. This has never been more important.

Ethics is not merely a trendy buzzword. In today's scandal-plagued world, ethics have become an everyday concern for each one of us. A strong ethical framework provides strength to our families, our friendships, our business relationships, and the daily encounters we have with people in our community. Character, respect, and trust have never been more important, and they are highly predictive of individual success in every aspect of life.

Written by Herbert Taylor in 1932, the Rotary Four-Way Test has stood the test of time. It was adopted by Rotary International in 1943, has been translated into more than 100 languages, and Herbert Taylor became President of Rotary International in 1954-55.

The Four-Way Test is a simple but remarkable tool. Its purpose is to help us make better choices and decisions in our interactions with others. It does not automatically give us the answer to an ethical dilemma, but it causes us to think more deeply about what is right! Using The Four-Way Test as a guide will positively impact the quality of your life and the quality of your personal performance!

# **BRAINWISE AND THE 4 WAY TEST**

## **Is it the Truth?**

- Separate fact from fiction (wise way #5)
- Ask questions (wise way #6)

## **Is it Fair to All Concerned?**

- Consider the consequences affecting others (wise way # 8)
- Consider consequences now and later (wise way #8)

## **Will it Build Goodwill and Better Friendships?**

- Communicate effectively by taking other people's points of view and recognizing other people's differences. (wise way # 10)

## **Will it be Beneficial to all Concerned?**

- Identify choices. (wise way # 7)
- Consider the consequences affecting others (wise way #8)
- Set goals and plans for action. (wise way # 9)

## 4 WAY TEST SCENARIOS

### School Scenario

Julia was in 6th grade and had been at her school since kindergarten. Her two best friends were Wendy and Erin. Erin was the most popular girl in the class and all the girls saw her as the leader. One morning Julia arrived at school and Erin was acting weird. When Julia said hi to her, she didn't respond. She just looked away and smiled at a group of girls in the corner of the classroom.

It didn't take long for Julia to figure out that Erin had turned most of the girls against her. But, she didn't know why! She went to Wendy and asked her why Erin was mad at her. Wendy acted nervous and said that all she knew was that Erin told her that if she hung out with Julia, none of the rest of the girls would talk to her anymore.

The rest of that day lasted forever. Whenever the teacher was looking everyone was nice to Julia. But, when her back was to the class, Erin or another girl would throw pieces of paper toward Julia or whisper to each other and look in her direction. Julia thought Wendy would help her but Wendy just pretended nothing was happening.

That night Julia talked to her parents and they told her to wait and see if tomorrow was better. If not, they said, perhaps they could help Julia talk to Erin and work through the problem. Julia felt like that would make her look stupid if everyone found out that her mom and dad had to get involved. She knew that sometimes the class would pick on someone, but she never thought her friends would turn against her and do the same thing to her. She felt like she didn't have any friends and nobody liked her.

The next day was even worse. No one wanted to hang out with her at recess and she had to sit by herself at lunch. At the end of lunch she went into the girls' bathroom. While she was there, a girl from her class came in and said that Erin had sent her in and that Julia had to take off her shoes and send them back to Erin or no one would talk to her tomorrow. Julia just wanted to

go home. She didn't want to cry but she was confused and hurt and scared. She gave the girl her shoes.

Now she was late for class and was in the bathroom with no shoes. She headed to class and walked in quietly with her head down. Before she could get to her chair, the teacher asked her why she was late and where her shoes were.

Here was her dilemma. What should she do now? Everyone was watching her. If she told the teacher about Erin and the girls ganging up on her she would look like a snitch, and who knows what the kids would do to her after that. But, if she didn't say anything or lied to the teacher, she would get into trouble.

What should Julia do?

### **Family Scenario**

Chris was just about to finish his sophomore year and felt like his whole world was crashing in around him. His mom was a recovering alcoholic and had been sober for three years . . . until now.

When Chris was in middle school his mom went through rehab. When she finally came home, Chris's dad said he would leave her if she ever drank again. Everything seemed okay until his dad took a new job this year and had to travel a lot.

During that last few months, every time Chris's dad left town his mom would drink. It was on the sly but Chris knew the signs. He saw the thermoses in the bathroom, the "water" bottles in her bedroom. It was like middle school all over again. It was like living in a nightmare.

The hardest part was trying to figure out what he was supposed to do. If he called her out on her drinking, his dad would probably leave all of them. If he didn't do anything, something bad could happen to his mom. He was mad and hurt and lonely. He had friends he could talk to but what could they do? He felt like there wasn't a single good choice to make.

**What should Chris do?**



## **Community Scenario**

Ben said good-bye to his friends and started heading for home. He was in a great mood. He had two weeks off from school for winter break, he had just passed the test for his driver's license, and with no homework he could hang out with his friends whenever he wanted to. Things couldn't be better. He turned his iPod up and smiled. As he passed the last row of stores before the hill leading to his house something caught his eye at the bank. Something was sticking out of the ATM machine. As he got closer, he saw it was cash.

Ben looked around. There was nobody. No cars, nobody walking nearby. Someone must have just used the machine and then forgotten to take the money. Whoever it was, was gone now. He walked over to the machine and took the money out. Sixty dollars. There was also a receipt sticking out.

Ben looked around again. Still no one. He could turn the money in at the bank tomorrow—it was after hours now. But, really, it was sixty bucks! Probably not much to the customer, but it would make a difference as to how many Christmas gifts he could get for his family.. or new music for his iPod.

Does it really count if you only do something like this once? Ben thought this over. It's not like he's a thief or anything. Someone messed up by leaving the cash there in the first place. He felt pretty good about taking it. It's a one-time deal. And no one ever needs to know. He put the money in his pocket, crumpled up the receipt, and walked away.

As the next song started playing, Ben remembered something his grandfather always said, "Every time you lie, you get closer to being a liar." But this wasn't the same thing. Was it? He turned up the volume and headed up the hill to home.

**What should Ben do?**

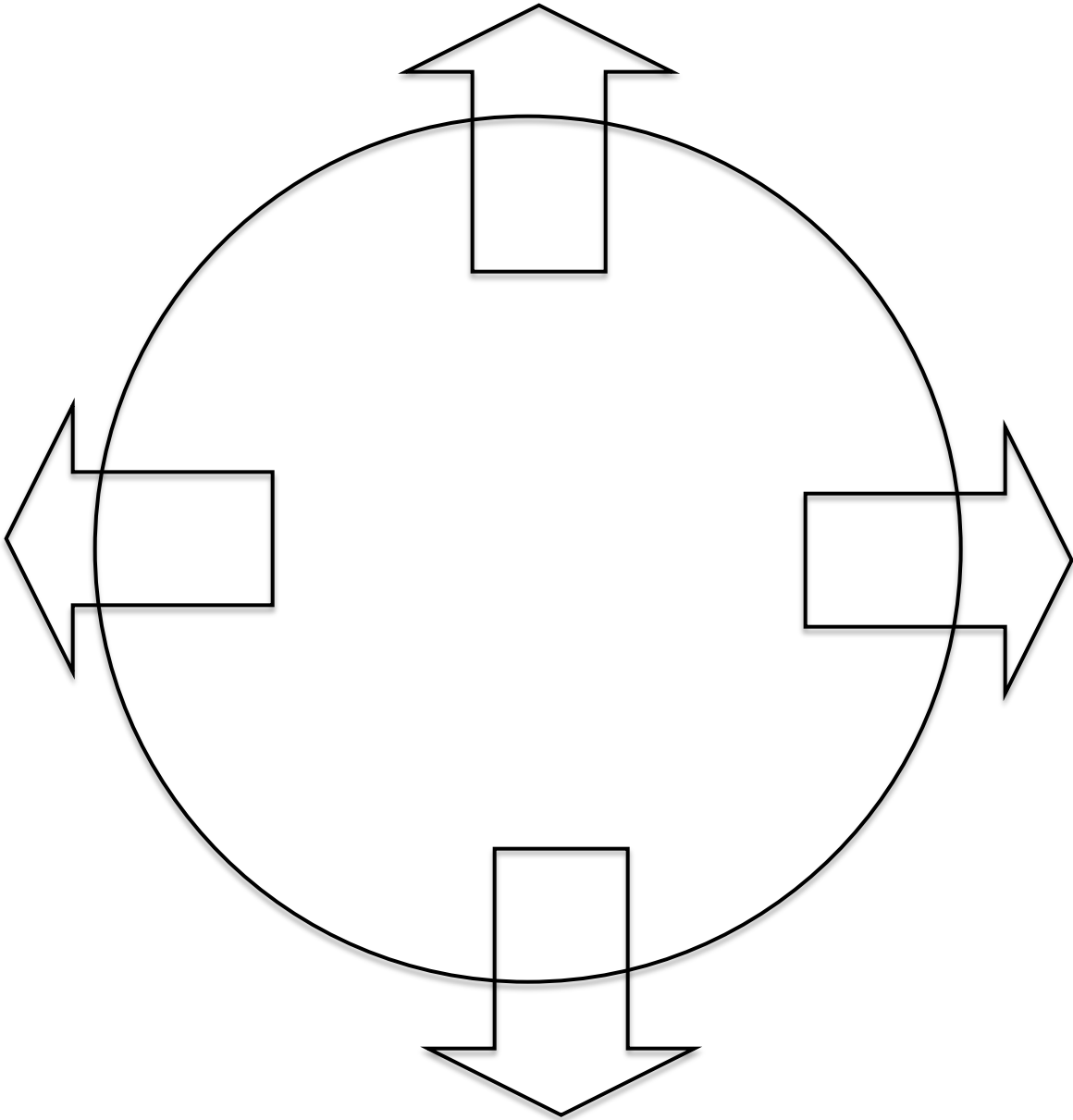
### **Community Scenario**

A friend stole a good used bike from a store in your community and told his parents that a buddy gave it to him because he didn't need it anymore. He uses the bike to ride to school as well as to deliver papers on his new paper route. His family is struggling financially and he gives a significant part of his earnings to his family. You just learned that he actually stole the bike which is worth about \$250. You know the theft is wrong, and you've talked to your friend. He refuses to turn himself in. You also know the bike store owner who is a supporter of youth activities in your community even though his business is way down because of the poor economy.

**What would you do?**

Core Values

# My Inner Compass



## What are values?

### What makes someone's character?

Think of the values of your role models, teachers, friends, parents, siblings, leaders, etc. Use the following list to help get you started and then create a list of values that are important to you as a team. Then choose those four that are most important to you and write them into your compass. This will be your version of the Rotarians Four Way Test. How can you implement these values into everyday life?

|                  |                 |                |
|------------------|-----------------|----------------|
| Love             | Cooperation     | Courage        |
| Caring           | Enthusiasm      | Sincerity      |
| Thoughtfulness   | Forgiveness     | Balance        |
| Kindness         | Compassion      | Moderation     |
| Compassion       | Mercy           | Inner Peace    |
| Tolerance        | Understanding   | Faith          |
| Courtesy         | Gratitude       | Trust          |
| Cooperation      | Generosity      | Hope           |
| Self- Discipline | Sharing         | Patience       |
| Determination    | Thankfulness    | Humility       |
| Will Power       | Concentration   | Modesty        |
| Restraint        | Devotion        | Sincerity      |
| Obedience        | Calmness        | Gentleness     |
| Perseverance     | Focus           | Acceptance     |
| Effort           | Purity          | Freedom        |
| Confidence       | Perfection      | Contentment    |
| Endurance        | Simplicity      | Discernment    |
| Service          | Innocence       | Self-Awareness |
| Purpose          | Restraint       | Courage        |
| Responsibility   | Accountability  | Awareness      |
| Helpfulness      | Good Intentions | Receptivity    |
| Harmony          | Integrity       |                |
| Optimism         | Truthfulness    |                |
|                  | Honesty         |                |

## SUCCESSFUL LEADERSHIP CHARACTER QUALITIES

By Lloyd J. Thomas, Ph.D.

Very few of us aspire to be followers in everything we do. It might be useful therefore, to identify some personal character qualities of competent, ethical and successful leaders.

**Self-discipline.** Any person who leads others needs to do so by example. If you expect those who follow you to be self-disciplined, you must be so yourself. Self-discipline is a willingness to do what needs to be done, even when you don't want to do it. Practice self-control to accomplish your objectives...step by step.

**Fairness.** Without a highly developed sense of justice, no leader will ever be respected by those she or he wishes to lead. If you treat everyone, including yourself, with fairness and respect, you will be emulated and receive the same in return from those who follow you.

**Courage.** You must have the courage to confront personal fears and take reasonable risks. When we confront common fears like rejection, others opinions, public speaking etc., they usually diminish. Most of our fears are around non-dangerous, anticipated events. Courage to take reasonable risks is like stealing second base in a baseball game. You can't expect to succeed at it unless you risk taking your foot off first base. No intelligent follower will follow a wimp. Leaders who lack self-confidence rarely risk anything.

**High moral values.** A study by Harvard Business School a few years ago indicated that the primary characteristic needed most by top-level executives was integrity. The next one was a desire to serve the common good. Whatever happened to those character qualities? Dishonesty, undependability, lack of caring for those less fortunate, greed and an unwillingness to sacrifice self in the service of others may characterize some people, but certainly not long-term successful leaders.

**Awareness and understanding of other points of view.** A competent leader must listen much more than talk. Only through observing and listening with the intention to understand does any one become aware of another's perceptual world.

**Willing to assume full responsibility.** The genuine leader assumes responsibility for the mistakes and shortcomings of his/her followers. Blaming or trying to shift responsibility always undercuts one's personal power and ability to take action to correct mistakes.

**Attentiveness to people, the organization and to details.** Leaders must have a mastery of detail. Efficient action requires detailed organization, strategic plans, and persistence.

**Doing more than required.** Finally, doing more than the minimum required. Leaders pursue their goal-attainment with focus and a willingness to do "whatever it takes" within their moral and ethical standards, to reach their envisioned goals. Minimum effort attains only minimum results.

If you ever find a company in which the leadership has most of the above personal characteristics, you have found a leading company. If you develop those personal character qualities yourself, you will be, by definition, a leader of character.

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Lloyd J. Thomas, Ph.D. has 30+ years experience as a Life Coach and Licensed Psychologist. He is available for coaching in any area presented in "Practical Psychology." Contact him: (970) 568-0173 or E-mail: [DrLloyd@CreatingLeaders.com](mailto:DrLloyd@CreatingLeaders.com) or [LJTDAT@aol.com](mailto:LJTDAT@aol.com).

Dr. Thomas also serves on the faculty of the Institute For Life Coach Training and the International University of Professional Studies. He recently co-authored (with Patrick Williams) the book: Total Life Coaching: 50+ Life Lessons, Skills and Techniques for Enhancing Your Practice and Your Life! (W.W. Norton 2005) available at your local bookstore or on Amazon.com.

## **COMMUNITY SERVICE PROJECT TOYS FOR DOGS AND CATS IN SHELTERS**

We will make toys for dogs and cats and take them to humane societies and shelters for the animals to play with while they are in cages. This allows the dogs and cats to play and entertain themselves as well as decreases the cost of the shelter in that they do not have to buy toys for the animals. We will also decorate paper bags so that shelters can send home a few toys when an animal gets adopted or fostered. You can decorate in any way you would like. Ideas may include: "Toys for Man's Best Friend" "Thanks for Taking Me Home" etc.

### **DOG TOYS**

#### **Sock Octopus**

**Ingredients:** 9 old socks 8 tennis balls Stuffing (crinkly cleaned bags from chips etc.) Markers

**How to:** Stuff the biggest sock with the stuffing. Then put one tennis ball in the toe of the others. Tie all socks at the ends (where the ankle would be). Tie them together, stuffed sock on top, and tennis ball socks hanging out like octopus legs (ankle holes together, stuffed, and tennis balled ends free). Draw a smiley face (or horrified face, your dog is going to munch on it...) on the stuffed sock (the head). If done correctly, it will slightly resemble an octopus (made of socks...)

This fun type of dog sock toy with a ball is great for your dog to play with alone or with you. It's good for tug of war, fetch and all kinds of other games.

#### **Crackling Sock**

**Ingredients:** 1 empty plastic bottle, small, and 1 sock

**How to:** Another very simple but effective toy. First, take the cap and plastic ring off of your plastic bottle and throw it away (it's a choking hazard) Put this inside of an old sock and tie a knot in the end of the sock to keep it in place. The sound of the crackling plastic, and the texture, will be something your pup will go nuts for. You can optionally put a few dog kibbles inside the plastic bottle before tying the knot

#### **Cardboard Tubular**

**Ingredients:** 1 cardboard tube (the center of a roll of paper towel or toilet paper), dog kibble, duct tape

**How to:** Flatten one end of the cardboard roll and seal it up with duct tape. Pour some dog kibble inside. Flatten the other end and seal it up. Now wrap the whole thing in duct tape for strength. Your dog will love the rattling sound and try for ages to get the treats out.

### **T-Shirt braids**

**Ingredients:** an old T-shirt you can cut up, two T-shirts if you want different colors in the braid

**How to:** Cut out the T-shirt into long strips about 3 inches wide, knot the strips together about three or four inches in from the ends to leave as a floppy ends. Braid the strips together tightly. Knot the strips at the other end several inches before you get to the end. These braids can be washed and dried as needed, and just as easily replaced when they get too chewed and worn out. They can be soaked in broth and frozen for puppies that love to chew.

### **Crackle Sock:**

**Ingredients:** old sock, clean chip bags

**How to:** Cut the chip bag into pieces and stuff the sock. Tie a knot in the end. Dogs will love the sound this sock makes.

### **Popper Dog Bone:**

**Ingredients:** bubble wrap, old sock

**How to:** Roll up a small sheet of bubble wrap. Wrap duct tape around it, making it tighter in the center than the ends so that it becomes somewhat bone shaped. Your dog will love the sound of this chew toy.

### **Swing-a-Shirt!**

**Ingredients:** 1 Old T-shirt

**How to:** This is a pretty simple dog toy that you can make with an old t-shirt (any color-your dog doesn't care) and some scissors.

Start by cutting off the sleeves on the shirt but **LEAVE THE SEAMS ON** the main part of the shirt! Otherwise the finished project won't be as durable.

- Now, cut off the side seams all the way starting at the top where the sleeves used to be. You should be left with a t-shirt without sleeves and two loops made of the seams.
- Cut two strips from the shirt making them as long as possible and set aside for later.
- Now cut as many strips as you can from the shirt (Use different sizes for a better effect!) I only used half of the shirt for my toy but if you have a bigger dog go ahead and cut more.
- Now, lay two strips crosswise and start knotting them together. Add more and more strips until you have a giant ball of knots the size you prefer for your dog.
- Take the two long strips that you set aside and thread them through the seam loops.
  - Knot them together all the way down but leave some extra! Using the extra, tie on the ball of knots.
  - Once you get the hang of it, this unusual dog toy should last a while even with tough chewers. The hardest part is getting the ball to stay on but by weaving the extra fabric over and under the knots before



tying works well. You can throw it by the handle, play tug-of-war, or just let your dog play with it!

## CAT TOYS

### **String of Pearls**

**Ingredients:** Pom poms, string or thread, needle

**How to:** Cats love things that hang and swing that they can bat and swat. Take a length of string or thread and needle, and start stringing the balls on the cord. Fill about half the cord, knot one end so the balls don't slide off, and make a loop out of the other end. Hang the loop over a doorknob, letting the string of colored balls hang down for kitty to swat.

### **Intriguing Twirler**

**Ingredients:** String or yarn, feathers, bells, buttons etc.

**How to:** Use three length of string or yarn – about 2 feet long, Fold over the top few inches of string or yarn and tie a knot to create a loop. Braid the remaining length of string or yarn; include the loose ends of the looped section into the braid. As you braid add buttons or feathers or bells in order to create interesting sounds and movement to the long braid. Tie a knot at the end of the braid and leave the loose ends hanging or fray them if possible. If there is a twisty tie or an old shower curtain ring available attach it to the loop at the top of the braid for hanging on cage bars or doorknobs

### **Yarn ball with bell**

**Ingredients:** yarn, piece of cardboard about the size of a business card

**How to:** Using a piece of cardboard about the size of a business card, cut about a 4 inch length of yarn, string a jingle bell on to it and lay the yarn along the length of the card. Make sure the bell is not on top of the cardboard but towards one end of the yarn. Then wrap yarn around the short side of the cardboard over the piece of yarn with the bell at one end until the card is mostly covered with the yarn. Pull the ends of the piece of yarn with the bell on it towards each other, scrunching up the yarn you wrapped around the cardboard and tie together. Cut the yarn on the opposite side of the cardboard and then continue to tighten the knot in the length of yarn with the bell on it. You should have a small fluffy yarn ball with a bell on it that your cat will love to bat around and play with.

### **Twirly Tube**

**Ingredients:** Empty cardboard tubes from toilet paper and paper towels,

**How to:** "unwind" the tube cardboard about half way. Punch a hole in the unwound end of the tube and attach a loop of string or yarn in order to hang it from a doorknob or cage bar.





## ~ A Splash of Inspiration ~

"No act of kindness, no matter how small, is ever wasted." -**Aesop**

"Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor souls who neither enjoy much more suffer much, because they live in the gray twilight that knows neither victory nor defeat." -**Theodore Roosevelt**

"A ship in a safe harbor is safe, but that is not what a ship is built for."  
-**William Shed**

"In order to succeed, you must know what you are doing, like what you are doing and believe what you are doing." -**Will Rogers**

"There are many things in life that will catch your eye, but only a few will catch your heart; pursue these." -**Michael Nolan**

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## Lesson #2: Ice Cream Sundae

In the days when an ice cream sundae cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him. "How much is an ice cream sundae?" he asked. "Fifty cents," replied the waitress. The little boy pulled his hand out of his pocket and studied the coins in it. "Well, how much is a plain dish of ice cream?" he inquired. By now more people were waiting for a table and the waitress was growing impatient. "Thirty-five cents," she brusquely replied. The little boy again counted his coins. "I'll have the plain ice cream," he said. The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and left. When the waitress came back, she began to cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies. You see, the little boy couldn't get the sundae because he had to have enough money left to leave her a tip.

~Unknown

# 2012 Y-RYLA: The Power of One

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## Wednesday, August 1st, 2012

**6:45 am** Wake Up

*Out and about – see posted schedule*

**7:00 am** Morning Activities

*Dining Hall*

**7:30 am** Breakfast

*Allison Pavilion*

**8:00 am** Word of Focus

*Out and about – follow your team counselor*

| Time            | A   | B   | C  | D  | E  | F  | G   | H   | I   | J   | K   | L   |
|-----------------|-----|-----|----|----|----|----|-----|-----|-----|-----|-----|-----|
| 8:15– 9:15      | AA  | CC  | ZL | EB | RB | CH | CV  | FMV | 4WT | SP  | RB  | TW  |
| 9:15– 10:15     | TW  | AA  | CC | ZL | EB | RB | CH  | CV  | FMV | 4WT | SP  | RB  |
| 10:15–<br>11:15 | StP | TW  | AA | CC | ZL | EB | StP | CH  | CV  | FMV | 4WT | SP  |
| 11:15–<br>12:15 | SP  | StP | TW | AA | CC | ZL | EB  | StP | CH  | CV  | FMV | 4WT |

*Dining Hall*

**12:15 pm** Lunch

*Allison Pavilion*

**1:00 pm** Word of Focus

*Gym (A-F), Elk Room (G-L)*

**1:15 pm** Walk of Possibilities

*Allison Pavilion*

**2:15pm** Global Leadership

*Gather at Pine*

**3:15pm** Depart on Camp Hike around Ponderosa Grounds  
(movie as backup plan for inclement weather)

*Dining Hall*

**5:15 pm** Dinner

*Allison Pavilion*

- 6:00 pm** Word of Focus  
**6:15 pm** Take a Look Around  
**7:45 pm** Dance Break

*Team Spots*

- 8:15 pm** Reflection Time  
**8:30 pm** Twilight Time and Snacks

*Dorms*

- 10:30 pm** Quiet Time  
**10:45 pm** Lights Out

*“Would you help me please,” Alice asked, “which way ought I go from here?”*

*“That depends a good deal on where you want to go to.” said the Cat.*

*“I don’t much care where,” said Alice.*

*“Then it doesn’t matter which way you go,” said the Cat.*

Alice in Wonderland, Lewis Carroll



## ~ A Splash of Inspiration ~

"The future belongs to those who believe in the beauty of their dreams."

-**Eleanor Roosevelt**

"Take a lesson from the grass. No matter how many times it's cut or trampled on, it rises again and continues. So get back up my friend, get back up and rise again."

-**Unknown**

"Opportunity dances with those already on the dance floor." -**Jackson Brown, Jr.**

"The greatest leaders don't rule—they inspire." -**Robert Mondavi**

"Every day is filled with opportunities to live." -**Unknown**

"What the caterpillar thinks as the end of the world...The butterfly knows only as the beginning." -**Unknown**

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### Lesson #3: To Take Risks

To laugh is to risk appearing the fool.

To weep is to risk appearing sentimental.

To reach out for another is to risk involvement.

To expose feelings is to risk exposing your true self.

To love is to risk not being loved in return.

To live is to risk dying.

To hope is to risk despair.

To try is to risk failure.

But risks must be taken, because the greatest hazard in life is to risk nothing. The person who risks nothing does nothing, has nothing, is nothing. He may avoid suffering and sorrow, but he simply cannot learn, feel, change, grow, love...live. Chained by his certitude, he is a slave; he had forfeited freedom. Only a person who risks is truly free.

~Unknown



# 2012 Y-RYLA: The Power of One

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**Thursday, August 2nd, 2012**

**5:30 am** Wake Up for Sunrise Hike

*Dining Hall*

**7:30 am** Breakfast

*Location to be determined by Wayne Markel*

**8:15 am** All Conference Pictures

*Allison Pavilion*

**8:45 am** Word of Focus

**9:00 am** Passion to Action -- Part I

**10:30 am** Comedy Club

*Dining Hall*

**12:00 pm** Lunch

*Allison Pavilion*

**12:45 pm** Word of Focus

**1:00 pm** Rotary Youth Programs

**2:00pm** Goofy Olympics

**3:15 pm** Passion to Action – Part II

**5:00 pm** Word of Focus

*Dining Hall*

**5:15 pm** Dinner

*Team Spots*

**6:00pm** Reflection Time

**6:20pm** Twilight Time

*Allison Pavilion*

**8:00pm** Dance and Ice Cream Social

*Dorms*

**10:15 pm** Quiet Time

**10:30 pm** Lights Out

## JC Passion to Actions

*Annie Averill*

I love the idea of Passion to Action. Now I don't have my whole story planned out but here is the gist: I have always loved serving others. I looked forward to days I could go downtown and serve the homeless. I enjoy hearing the stories of these men and women. In high school I got the opportunity to travel to Kenya and Uganda to serve the destitute there. I was more excited than I have ever been. But I had a roadblock. This was not a free trip- I had to fundraise to travel thousands of miles to continue my passion of service. Instead of letting this put me down, I sent out letters to everyone I knew. But that wasn't enough! So my sister and I decided to begin a small company called Cupcakes for Africa. We would sell them at our schools lunches. Yes it was tons of work but so worth it because several months later I found myself on African soil building relationships and making memories!

*Ivonne Ramirez*

Well, my passion is to become a doctor someday! Here at my high school, we have a program called Aurora LIGHTS. It was opened in order to open the eyes of minorities about reaching their medical dreams. I've taken college-based classes call Principals of Bio Medical sciences, human body systems, and medical interventions. I wanted to get out of the classes and explore even more. I did a six-week program called Aurora LIGHTS Summer Institute in which I job shadowed in pharmaceutical studies at Anschutz Medical campus. I also applied to a weeklong summer program called summer health careers in which I interned in physical therapy. I also got involved in a two-year program called MC2, in which I interned in the emergency department at Children's Hospital: all experiences that I loved so much and I listened to so many stories. I learned about the human body each and every day. I got the chance to see a real human body dissected, learned about diseases, conducted experiments, and learned about anatomy. Great preparation for my future! I can't wait to job shadow in surgery in March. The Aurora LIGHTS program provided me many opportunities that I will never forget!

*Toria Vongphackdy*

In a nutshell... My passion would be to increase graduation rates for young girls suffering from homelessness, poverty, pregnancy, and domestic violence. My action was through philanthropy and becoming a council member at the Woman's Foundation of CO, where I learned many things such as inclusiveness and diversity. I talked to policy makers about tax distribution, invested in 20g and researched non-profit organizations that believed in the same mission of raising graduation rates and then I donated 5g to 4 non-profit organizations that I believed would make a difference in the lives of these girls.

*Dana Kiel*

I've always loved other cultures and meeting people from all over the world, so I decided to learn German and become an exchange student. I'm also planning on applying for the Peace Corps after college.

*Estevan Trujillo*

One story of "Passion to Action" that I have is a shoe drive that I helped start at our school about a year ago. It was early April and I had just recently been voted in as President of our school's key club. We had decided that we would begin to take charge right after my Co-President, and co-vice presidents went to the District Key Club convention. There we heard the keynote speaker talk about an organization called Soles4Souls, which is an organization that sends shoes around the world to people who need them. Even though it doesn't sound too extraordinary, what really hit home was when he said that one of the biggest recipients of shoes was Africa, where most of the kids don't go to school because they are not able to acquire all of the parts of the required uniform, mainly shoes. Most of the kids would die if they were not able to go to school because they would not have the benefits like safety and food that the schools provided. The entire convention, especially this keynote speaker got us thinking of how much better we were going to make key club, and how much better we were going to be able to help the community on all scales. One of our first projects to do when we took office was to start a shoe drive before the school year ended. For the small amount of time, and the largest project we'd done yet in our key club, we were able to have the greatest success from the passion in our leaders and members to help try to save lives all over the world, not just locally. Our original goal was 500 pairs of shoes for our entire middle school, high school, and staff at our small 3a school. When the shoe drive was over and we counted the shoes to send in, we found that we collected more than double of our goal. We collected about 1,200 pairs of shoes. It was great because we knew we had just changed the life of about 1,200 people around the world. That is my Passion To Action story.

## **SC Passion to Actions.**

*Ted Cluett*

Back in high school I sang in a men's ensemble singing the old time songs. We became very popular through my senior year and sang at many school events as well as many outside of school events. That was back in the 50's, and many years later I picked up the hobby again and have now been a full-time barbershopper for over 25 years.

Today I sing with a quartet called the UltraSonics, and we perform all over metro Denver. It's a wonderful hobby.

*Peggy Halderman*

My "passion" is around hungry kids. When I learned about it in our club's back yard in 2008, I swung into action and today the Golden Backpack Program has served (at its height) over 600 kids/weekend. We have a network of volunteers that includes donors and workers of about 250 or so and a brand new website ([www.goldenbackpack.org](http://www.goldenbackpack.org)). We are also working with other groups that want to start programs in their back yards as well as working with strategic partners.

*Wally Van Sickle*

Idea Wild

*Bill Rubin*

Passion to action has been a central part of my life. Beginning at the age of 18 as a Freshman at the University of Colorado all the way through my present life activities and dreams. Here is my story. At the age of 18 I moved to Boulder, Colorado to attend the University. The year was 1971 and I did not know a soul. I began living at a resident dormitory at the University and they had "Resident Advisors" who lived in the dorm and mentored the new students. One of the RAs was a woman named Alice McGee, a graduate student in the fine arts program. I found her to be a very interesting person as she had grown up in Africa as her father was in the Foreign Service. As an artist she was interested in seeing how art could be beneficial to the new students living at the dormitory. She came up with an idea of starting a craft hobby program at the dorm. She applied for a grant of funds and was able to purchase the equipment to set up a small pottery lab in the basement of the dorm. Seeing a flyer one day advertising pottery lessons, I decided to check it out. Sometimes things just click in life. This was one of those times. I sat down at the pottery wheel and with Alice's help I began making rudimentary pots. I LOVED IT!!! So, when you love doing something you find a way to keep doing it. That's just what I did. After moving out of the dorm, I found a local cooperative pottery studio where I could continue to make pots and learn. Following my passion with action led to a 17 year career making pottery for a living. Along the way I worked community service into my pottery making by making and donating hand made items to local non-profits, etc. It became a way for me to connect with myself and a larger community. During that time, I met a man who became a close friend. He was a scientist at a local scientific research organization focusing on cloud physics. We ended up sharing a house together with some other friends. He had an idea of how to make the tasks of living with a group simpler from an organizational perspective. Often room mates would settle up money for food, rent, etc. perhaps monthly or randomly depending on the people. He suggested that we share in a checking account that would pay all the expenses for running the household. Each of us would simply write one check per month to the household account and then all the expenses would be paid from that account. But, someone would need to track what those expenses were and then let everyone know what the shared costs were. So, he set up a bookkeeping system to track everything. Then, he showed me how to do it. I found that doing bookkeeping, strangely, was interesting and satisfying to me. Once again, I became interested, and yes, passionate about something so I pursued it. At the time, I had dropped out of College, as I was unsure what direction of study seemed right. Now I had the answer. I re-enrolled at the University but this time in Business with an emphasis in accounting. Interestingly, I worked my way through school by making and selling pottery. Once again my passion was a means to building on and supporting other areas of interest, passion, and action in my life. What I found so interesting about accounting was that it was a numeric representation of a story. In fact, I could talk to someone who had an idea about what they would like to do with their life, start a business, etc. and we could sit down and represent those dreams with numbers. So, in a way, accounting is the numeric representation of people's dreams, just like architecture is a pictorial representation of dreams in a different way. I could see how accounting would be a way for me to connect with others, make a living, and offer a service that was meaningful. After several years of study, I graduated with an undergraduate degree in accounting and decided to go back to making pottery full

time. But, the accounting background came in very useful in running my own business and in becoming involved in various organizations. One such organization was the Boulder Arts and Crafts Cooperative. Because of my accounting background, I was able to assist with the accounting, business planning and organizational development of that group. I eventually became the executive director, serving for two years. That has sparked another area of interest and passion for me, organizational governance, which is the practice of how groups work together, make decisions, communicate, etc. In 1989 I injured myself. I herniated a disk in my lower back and was no longer physically able to make pottery. So, I reinvented myself once again, went back to College again and got a Masters degree in Taxation. That took five years as I was working full time and going to school. I was also married by then with a baby. But, with the masters degree, I took the CPA exam and became a Certified Public Accountant. In addition, I found a full time job as an accountant with my present employer, where I have been for 16 years. The vision, passion, and engagement, made it possible to follow through with the goals that I had set for myself along the way. Lastly, but most importantly, was my journey in meeting, falling in love with, and marrying my wife, Karen. To have that happen has been the greatest gift in my life. To bring passion, engagement, openness, and love to a marriage is challenging and rewarding. But it is all tied to that first decision to follow my passion and risk doing something new back when I was 18 and saw a flyer about taking a pottery course. The message to you all is to find something you are interested in, that excites you, that engages your mind, body, and spirit, and then DO IT!!

### *June Boon*

My passions are kids and travel. I feel extremely fortunate that I had caring parents who although we were quite poor, made sure that I knew I could be anything I wanted to be, who made education a priority, who gave me a good value system. I feel every child and young person should have someone like that in his or her lives. My husband and I have mentored several kids through Partners of Larimer County. We have also taken in several young people that had no one as a role model and who were getting into trouble with the law to live in our home. Hopefully we have made an impact on their lives. Every year that I am able to take time from work I also come to YRYLA - because you guys are so great to interact with and you are important to me.

I have a passion for travel because it is fun, educational and I believe that if more people traveled the world it would promote peace and tolerance. My family and I save all our spare money to travel as often as we can. We do this on a budget, camping in Africa, using trains, etc. We do this at the expense of fancy flat screen TV's and new cars, because it is important to us. I also believe memories are made of the experiences we have not the things we have.

# Rotary Youth Programs

## **Young-Rotary Youth Leadership Awards (Y-RYLA)**

A leadership training program sponsored by Rotary International that promotes, encourages and rewards outstanding young people. An all-expenses paid five-day camp that brings together a special group of boys and girls from Northern Colorado, Wyoming and Western Nebraska to share ideas about becoming better leaders. An action-packed program of activities that help build confidence and leadership skills (like problem solving games, challenge course, zip line, skits, group discussions and teambuilding activities). An adventure that might change your life! This is what you are at!

**Rotary Youth Leadership Awards (RYLA)** is a life-changing leadership training program for young men and women where leadership skills and principles are learned, developed and enhanced in an atmosphere of trust and respect. The purpose of RYLA is to encourage and assist current and potential youth leaders in methods of responsible and effective leadership. Many past RYLArians have said, "It was the best week of my life!" Any high school sophomore or junior may apply.

**Interact** – Interact is Rotary International’s service club for young people ages 14 to 18. Interact clubs are sponsored by individual Rotary clubs, which provide support and guidance, but they are self-governing and self-supporting. Club membership varies greatly. Clubs can be single gender or mixed, large or small. They can draw from the student body of a single school or from two or more schools in the same community. Each year, Interact clubs complete at least two community service projects, one of which furthers international understanding and goodwill. Through these efforts, Interactors develop a network of friendships with local and overseas clubs and learn the importance of: developing leadership skills and personal integrity, demonstrating helpfulness and respect for others, understanding the value of individual responsibility and hard work, and advancing international understanding and goodwill. As one of the most significant and fastest-growing programs of Rotary service, with more than 10,700 clubs in 109 countries and geographical areas, Interact has become a worldwide phenomenon. Almost 200,000 young people are involved in Interact.

**Rotaract** – Rotaract is a Rotary-sponsored service club for young men and women ages 18 to 30. Rotaract clubs are either community or university based, and they’re sponsored by a local Rotary club. This makes them true "partners in service" and key members of the family of Rotary. As one of Rotary’s most significant and fastest-growing service programs, with more than 7,000 clubs in about 163 countries and geographical areas, Rotaract has become a worldwide phenomenon. All Rotaract efforts begin at the local, grassroots level, with members addressing their communities’ physical and social needs while promoting international understanding and peace through a framework of friendship and service. Rotaractors may also: assist in organizing Interact clubs or mentor Interactors, participate

in Rotary Youth Leadership Awards, become Rotary Foundation Ambassadorial Scholars or Group Study Exchange team members, and seek membership in their local Rotary club.

**Rotary Youth Exchange Programs** – Whether you participate in Rotary’s long-term or short-term Youth Exchange programs, you’ll learn a new way of living, a great deal about yourself, and maybe even a new language. You’ll also be an ambassador, teaching people you meet about your country, culture, and ideas. You can help bring the world closer – and make some good friends in the process. More than 8,000 young people each year have experiences like these through Rotary Youth Exchange. All students ages 15-19 are eligible. Find out what countries participate by contacting Rotarians or the Youth Exchange chair in your area.

- **Youth Year Long Exchange** - As a Rotary Youth Exchange student, you’ll spend up to a year living with a few host families and attending school in a different country. To gain a greater understanding of your host country’s culture, you will live with at least two, preferably three, host families during your stay. The host Rotary club will conscientiously screen and select your host families. You will make friends and get to know the area where you’re living.
- **Youth Summer Exchange** - Short-term exchanges are available to qualified students and vary in length from several days to several weeks. Although participants in short-term exchanges generally don’t attend school in their host country, they may be able to tailor their exchange to match their interests or to include tours of specific places or regions.

# Starting an Interact Club 101

The most exciting and sometimes most challenging part about coming to Young RYLA is going back to school and spreading the leadership skills and passion that you learned here. An amazing way to do it is by starting an Interact club at your school!

What is Interact? A club for 12-18 year olds that focuses: developing leadership skills and personal integrity, demonstrating helpfulness and respect for others, understanding the value of individual responsibility and hard work and advancing international understanding and good will.

Here are 5 steps to starting an Interact at your school.

1. **First, you need to find a Rotary Sponsor-** write down 1-3 Rotarians that you know and would be able to help you. They can be from your club or even your SC here at RYLA who can help you to get in touch with a Rotarian in your club.
2. **Find a school sponsor-** write down the names of 3 teachers who might want to help you.
3. **Think of 5 friends who might want to be in your club-** from there you can grow your club through friends of friends and advertising around school.
4. **Next, you need to fundraise,** write down 3 fundraising ideas that you could use to make money for your club.
5. **Finally, think of some projects your club could do.** Write down three service projects that your club could take on!

Now you are set to go home and start a club that will make a difference in your town and eventually in the world, the last step in our three step theme here at Young RYLA. If you have questions work together with your teammate and know your counselors are always here to help you! Good luck!



# Looking for a project?

## Some ideas to get you started!

- Contact your local Rotary club. Tell them you want to help!
- Volunteer at a local nursing home
- Local hospitals usually have great programs set up for kids
- Like animals? Try Humane Societies!
- Join the Girls Scouts or Boy Scouts of America
- Call up your old elementary school and ask if they need volunteers to read aloud to the younger kids.
- Volunteer at the library!
- Call soup kitchens in the Denver area
- Donate to or work at local Food Banks .....what ideas do you have?

### Some Helpful Hints

#### ➤ **Be CREATIVE!**

You don't have to do a service project that everyone else is doing  
Just because there isn't an organization doing a project doesn't mean it's impossible. Start the organization yourself!

#### ➤ **Find something that you are PASSIONATE about!**

- If you love to swim, volunteer as a swim teacher's aid. If you love dogs, work with the local humane society or Dumb Friends League
- If you enjoy doing a service, you're going to do it more often and you're going to get a lot more out of it.

#### ➤ **Find some HELP**

- You don't have to do everything yourself. Having an adult (parent, sibling, neighbor, teacher, counselor, etc.) who supports you is a big help!
- It's hard to get started! Having people who are passionate right along with you makes your projects easier and more fun!

#### ➤ **STICK to it!**

- If it's important to you, chances are it's important to someone else...go for it!
- Don't give up on the first try, if for some reason a project doesn't happen, just change your approach and try again!

#### ➤ **AGE DOESN'T MATTER!**

- You can do anything, no matter what your age, no matter what your budget as long as you want to help someone else.

## **Mentors Can Help You Reach Your Goals Sooner**



*“All who acquired enduring riches have ascended the ladder  
with two outstretched hands.*

*One extended upward to receive help and  
the other extended downward to aid those still climbing.”*

Napoleon Hill

## Passion to Action:

**Goal :** \_\_\_\_\_

**Time Frame (deadline):** \_\_\_\_\_

### Things to Do in Order To Achieve that Goal:

#### People/Mentors that can Help Me: (constellation of support)

Talk To: \_\_\_\_\_

By Which Date: \_\_\_\_\_

Learn About: \_\_\_\_\_

\_\_\_\_\_

Talk To: \_\_\_\_\_

By Which Date: \_\_\_\_\_

Learn About: \_\_\_\_\_

\_\_\_\_\_

Talk To: \_\_\_\_\_

By Which Date: \_\_\_\_\_

Learn About: \_\_\_\_\_

\_\_\_\_\_

### Knowledge/Information Required:

Item #1: \_\_\_\_\_

How do I gain that knowledge: \_\_\_\_\_

\_\_\_\_\_

Date I will have that information: \_\_\_\_\_

Item #2: \_\_\_\_\_

How do I gain that knowledge: \_\_\_\_\_

\_\_\_\_\_

Date I will have that information: \_\_\_\_\_

Item #3: \_\_\_\_\_

How do I gain that knowledge: \_\_\_\_\_

\_\_\_\_\_

Date I will have that information: \_\_\_\_\_

**What do I Need (supplies, money,etc):**

What do you need: \_\_\_\_\_

How much does it cost: \_\_\_\_\_

How can you raise this money: \_\_\_\_\_

\_\_\_\_\_

Who can help you with this: \_\_\_\_\_

When will you contact this person: \_\_\_\_\_

What do you need: \_\_\_\_\_

How much does it cost: \_\_\_\_\_

How can you raise this money: \_\_\_\_\_

\_\_\_\_\_

Who can help you with this: \_\_\_\_\_

When will you contact this person: \_\_\_\_\_

What do you need: \_\_\_\_\_

How much does it cost: \_\_\_\_\_

How can you raise this money: \_\_\_\_\_

\_\_\_\_\_

Who can help you with this: \_\_\_\_\_

When will you contact this person: \_\_\_\_\_

## Passion to Action:

**Goal :** \_\_\_\_\_

**Time Frame (deadline):** \_\_\_\_\_

### Things to Do in Order To Achieve that Goal:

#### People/Mentors that can Help Me: (constellation of support)

Talk To: \_\_\_\_\_

By Which Date: \_\_\_\_\_

Learn About: \_\_\_\_\_

\_\_\_\_\_

Talk To: \_\_\_\_\_

By Which Date: \_\_\_\_\_

Learn About: \_\_\_\_\_

\_\_\_\_\_

Talk To: \_\_\_\_\_

By Which Date: \_\_\_\_\_

Learn About: \_\_\_\_\_

\_\_\_\_\_

### Knowledge/Information Required:

Item #1: \_\_\_\_\_

How do I gain that knowledge: \_\_\_\_\_

\_\_\_\_\_

Date I will have that information: \_\_\_\_\_

Item #2: \_\_\_\_\_

How do I gain that knowledge: \_\_\_\_\_

\_\_\_\_\_

Date I will have that information: \_\_\_\_\_

Item #3: \_\_\_\_\_

How do I gain that knowledge: \_\_\_\_\_

\_\_\_\_\_

Date I will have that information: \_\_\_\_\_

**What do I Need (supplies, money,etc):**

What do you need: \_\_\_\_\_

How much does it cost: \_\_\_\_\_

How can you raise this money: \_\_\_\_\_

\_\_\_\_\_

Who can help you with this: \_\_\_\_\_

When will you contact this person: \_\_\_\_\_

What do you need: \_\_\_\_\_

How much does it cost: \_\_\_\_\_

How can you raise this money: \_\_\_\_\_

\_\_\_\_\_

Who can help you with this: \_\_\_\_\_

When will you contact this person: \_\_\_\_\_

What do you need: \_\_\_\_\_

How much does it cost: \_\_\_\_\_

How can you raise this money: \_\_\_\_\_

\_\_\_\_\_

Who can help you with this: \_\_\_\_\_

When will you contact this person: \_\_\_\_\_









## ~ A Splash of Inspiration ~

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has." -**Margaret Mead**

"Do not go through life, grow through it." -**Erin Butterworth**

"We define ourselves by the best that is in us, not the worst that has been done to us." -**Edward Lewis**

"When you build bridges you can keep crossing them." -**Rick Pitino**

"One tragic thing I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon instead of enjoying the roses that are blooming outside our windows today." -**Dale Carnegie**

"To accomplish great things, we must not only act, but dream; not only plan, but also believe." -**Anatole France**

"Do not go where the path may lead, go instead where there is no path and leave a trail." -**Ralph Waldo Emerson**

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### Lesson #4: The Obstacle

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the King for not keeping the roads clear, but none did anything about getting the stone out of the way. Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many of us never understand. Every obstacle presents an opportunity to improve our condition. Unknown

# 2012 Y-RYLA: The Power of One

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Friday, August 3rd, 2012

**6:45 am** Wake Up

*Dorms*

**7:00 am** Pack and clean up

*Dining Hall*

**7:30 am** Breakfast

*Allison Pavilion*

**8:15 am** Word of Focus

*Meadow near Kickball Field*

**8:30 am** River Crossing

**9:30 am** Circle of Friends

*Team Spots*

**9:50** Closing Time with Team

10:30 Head JC s and Chair speak to parents in Allison

*Allison Pavilion*

**11:00 am** Closing Speakers

**11:50 am** YRYLA Slide Show

**12:25 pm** Closing Remarks (June Boon, Stan Devore, Miguel Perez)

**12:30 pm** 2012 Young RYLA Adjournment

## ~ A Splash of Inspiration ~

"Always be a first rate version of yourself, instead of a second rate version of someone else." -**Judy Garland**

"The greatest oak was once a little nut who held its ground..." -**Unknown**

"The first step towards getting somewhere is to decide that you are not going to stay where you are." -**John Pierpont Morgan**

"Learn as if you were going to live forever. Live as if you were going to die tomorrow." -**Gandhi**

"Whatever you can do, or dream you can, begin it. Boldness has genius, Power, and magic in it." -**Goethe**

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### Lesson #5: State of Mind

If you think you are beaten, you are.  
If you think you dare not, you don't.  
If you think you'd like to win, but you can't  
It's almost a cinch you won't.  
If you think you'll lose, you've lost.  
For out in the world you'll find  
Success begins with a person's will—  
It's all in the state of mind.

Full many a race is lost  
Ere even a race is run,  
And many a coward fails  
Ere even their work's begun.  
THINK BIG and your deeds WILL GROW  
Think small and you fall behind.  
Think that you can and you will,  
It's all in that state of mind.

~Unknown

## Y-RYLA Self-Assessment

Name \_\_\_\_\_

Date: Aug 3, 2012

Please complete both sides of this page.

Using your Y-RYLA experience, please circle the number that you think now best describes your personal abilities or "people skills". Please be honest in your answers.

1. My ability to recognize and bring out the best in others is  
Low 1 2 3 4 5 6 7 8 9 10 High
2. My ability to help others feel that they are important and belong is  
Low 1 2 3 4 5 6 7 8 9 10 High
3. My ability to get others to work well together in a group is  
Low 1 2 3 4 5 6 7 8 9 10 High
4. My ability to do what I am supposed to do even when I do not feel like it is  
Low 1 2 3 4 5 6 7 8 9 10 High
5. My ability to step out of my comfort zone and try new things is  
Low 1 2 3 4 5 6 7 8 9 10 High
6. My ability to acknowledge or compliment others when they do good things is  
Low 1 2 3 4 5 6 7 8 9 10 High
7. My ability to give encouragement and verbal support to others is  
Low 1 2 3 4 5 6 7 8 9 10 High
8. My ability to accept difficult new challenges is  
Low 1 2 3 4 5 6 7 8 9 10 High
9. My ability to feel empathy and compassion for others is  
Low 1 2 3 4 5 6 7 8 9 10 High

Turn over and complete the back too please.

10. My ability to stick with a challenging task and see it through to completion is  
Low 1 2 3 4 5 6 7 8 9 10 High
11. My ability to ask for help when I am stuck or need it is  
Low 1 2 3 4 5 6 7 8 9 10 High
12. My ability to admit mistakes openly and honestly is  
Low 1 2 3 4 5 6 7 8 9 10 High
13. My ability to motivate others to accept challenges is  
Low 1 2 3 4 5 6 7 8 9 10 High
14. My ability to handle setbacks without giving up or becoming discouraged is  
Low 1 2 3 4 5 6 7 8 9 10 High
15. My ability to look for the positive in all situations is  
Low 1 2 3 4 5 6 7 8 9 10 High
16. My ability to laugh at myself appropriately is  
Low 1 2 3 4 5 6 7 8 9 10 High
17. My ability to make difficult decisions under stress is  
Low 1 2 3 4 5 6 7 8 9 10 High
18. My ability to express my true feelings openly without embarrassment is  
Low 1 2 3 4 5 6 7 8 9 10 High
19. My ability to stand up for what I think is right when others are afraid to is  
Low 1 2 3 4 5 6 7 8 9 10 High
20. My ability to listen to others with understanding and without judging them is  
Low 1 2 3 4 5 6 7 8 9 10 High

Please circle your Team Letter  
(It is on your name label in the upper right hand corner of your manual)

A B C D E F G H I J K L

Thank you!



**My Wish**  
**- Rascal Flatts**

I hope that the days come easy and the moments pass slow,  
And each road leads you where you want to go,  
And if you're faced with a choice, and you have to choose,  
I hope you choose the one that means the most to you.  
And if one door opens to another door closed,  
I hope you keep on walkin' till you find the window,  
If it's cold outside, show the world the warmth of your smile,

But more than anything, more than anything,

(Chorus:)

My wish, for you, is that this life becomes all that you want it to,  
Your dreams stay big, and your worries stay small,  
You never need to carry more than you can hold,  
And while you're out there getting where you're getting to,  
I hope you know somebody loves you, and wants the same things too,  
Yeah, this, is my wish.

I hope you never look back, but ya never forget,  
All the ones who love you, in the place you left,  
I hope you always forgive, and you never regret,  
And you help somebody every chance you get,  
Oh, you find God's grace, in every mistake,  
And you always give more than you take.

But more than anything, yeah, and more than anything,

(Chorus 2x)

This is my wish  
I hope you know somebody loves you  
May all your dreams stay big



## **I Believe – Yolanda Adams**

They said you wouldn't make it so far uh uh  
And ever since they said it, it's been hard  
But never mind the nights you had to cry  
Cause you have never let it go inside  
You worked real hard  
And you know exactly what you want and need  
So believe and you can never give up  
You can reach your goals  
Just talk to your soul and say...

(Chorus:)

I believe I can  
I believe I will  
I believe I know my dreams are real  
I believe I can  
I believe I will  
I believe I'll grow real soon and  
That is what I do believe

Your goals are just a thing in your soul uh uh  
And you know that your moves will let them show  
You keep creating pictures in your mind  
So just believe they will come true in time  
It will be fine  
Leave all of your cares and stress behind  
Just let it go  
Let the music flow inside  
Forget all your pain  
And just start to believe

(Chorus)

(Music break)

Nevermind what people say  
Hold your head high and turn away  
With all our hopes and dreams  
I will believe  
Even though it seems it's not for me  
I won't give up I'll keep it up  
Look into the sky  
I will achieve all my needs  
I will always believe....OoOo

(Chorus 4x)

**All For You**  
**- Sister Hazel**

*(Chorus:)*

Finally I figured out,  
But it took a long long time  
Now there's a turnabout,  
Maybe cause I'm tryin'  
There's been times, I'm so confused  
Down my road, will it lead to you?  
Just can't turn and walk away  
It's hard to say what it is I see in you  
Wonder if I'll always be with you  
Words can't say it, I can't do  
Enough to prove, it's all for you

And I'd thought I seen it all,  
Cause it's been a long long time  
Oh bothered that we'll trip and fall,  
Wonderin' if I'm alive  
There's been times, I'm so confused  
Down my road, will it lead to you?  
I just can't turn, and walk away

Its hard to say what it is I see in you  
Wonder if I'll always be with you  
Words can't say, and I can't do  
Enough to prove it's all for you

Rain comes pourin' down,  
Fallin' from blue skies  
Words give out a sound,  
comin' from your eyes

(Chorus)

Well it's hard to say what it is I see in you  
Wonder if I'll always be with you  
Words can't say, I can't do  
Enough to prove, it's all for you

Hard to say  
Hard to say, it's all for you

## ONE TRIBE – BLACK EYED PEAS

Whoa-oh-oh-oh-oh!  
Whoa-oh-oh-oh-oh-oh!  
Woah-oh-oh-oh-ooooh!  
Oh-woah-oh!

One Tri...  
One Tri...  
One Tribe, one time, one planet, one race  
Its all one blood, don't care about your face  
The color of your eye or the tone of your skin  
Don't care where ya are  
Don't care where ya been  
Cause where we gonna go  
Is where we wanna be  
The place where the little language is unity  
And the continent is called Pangaea  
And the main ideas are connected like a spear  
No propaganda, They tried to upper hand us  
Cause man I'm loving this peace  
Man, man, I'm loving this peace  
Man, man, I'm loving this peace  
I don't need no leader  
That's gonna force feed a  
Concept that make me think I need to  
Fear my brother and fear my sister  
And shoot my neighbor or my big missile  
If I had an enemy to [enemy]  
If I had an enemy to [enemy]  
If I had an enemy, then my enemy is gonna try to come and kill me  
Cause I'm his enemy  
There's one tribe ya'll

One tribe ya'll  
One tribe ya'll  
One tribe ya'll  
We are one people  
Let's cast amnesia, forget about all that evil

Forget about all that evil, that evil that they feed ya  
Let's cast amnesia, forget about all that evil  
That evil that they feed ya  
Remember that we're one people  
We are one people  
One people, one people [One People]  
One people, one people [One People]  
One people, one people [One People]

One tribe, one tribe  
One tribe, one time, one planet, one [race]  
Race, one love, one people, one [and]  
Too many things that's causing one [to]  
To forget about the main cause  
Connecting, uniting  
But the evil is seen and alive in us  
So our hopes are colliding  
And our peace is sinking like Poseidon  
But, we know that the one [one]  
The evil one is threatened by the sum [sum]  
So he'll come and try and separate the sum  
But he dumb, he didn't know we had a way to overcome  
Rejuvenated by the beating of the drum  
Come together by the cycle of the hum  
Freedom when all become one [one]  
Forever

One tribe ya'll  
One tribe ya'll  
One tribe ya'll  
We are one people  
Let's cast amnesia  
Forget about all that evil [evil]  
Forget about all that evil [evil]  
That evil that they feed ya  
Let's cast amnesia  
Forget about all that evil [evil]  
That evil, that they feed ya [feed ya]  
Remember that we're one people

We are one people  
One people, one people [One People]  
One people, one people [One People]  
One people, one people [One People]

One love, one blood, one people  
One heart, one beat, we equal  
Connected like the internet  
United that's how we do  
Lets break walls, so we see through  
Let love and peace lead you  
We could overcome the complication cause we need to  
Help each other, make these changes  
Brother, sister, rearrange this  
The way I'm thinking that we can change this bad condition  
Wait, use you mind and not your greed  
Let's connect and then proceed  
This is something I believe  
We are one, we're all just people

One tribe ya'll  
One tribe ya'll  
One tribe ya'll  
We are one people  
Let's cast amnesia  
Forget about all that evil  
Forget about all that evil, that evil that they feed ya  
Let's cast amnesia  
Let's cast amnesia, forget about all that evil  
That evil, that they feed ya  
We're one tribe ya'll  
We people, we people  
One tribe ya'll  
One people, one people [One People]  
One people, one people [One People]  
One people, one people [One People]  
One people, one people [One People]  
One people, one people [One People]  
One people, one people [One People]

Lets, lets cast amnesia  
Lord help me out  
Trying to figure out what its all about [what its all about]  
Cause we're one in the same [one in the same]  
Same joy, same pain  
And I hope that you're there when I need ya  
Cause maybe we need amnesia  
And I don't wanna sound like a preacher  
But we need to be one

One world, one love, one passion  
One tribe, one understanding  
Cause you and me can become one.

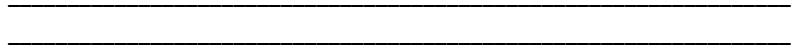
### Y-RYLA 2012 Evaluation

**Rating Scale: 5) Amazing 4) Good 3) Alright 2) Didn't Like it 1) Never Again**

#### Speakers

|           |                                                 |   |   |   |   |   |
|-----------|-------------------------------------------------|---|---|---|---|---|
| Sunday:   | Ethics – <b>Corey Ciocchetti</b>                | 5 | 4 | 3 | 2 | 1 |
| Monday:   | True Colors - <b>John Ahlenius</b>              | 5 | 4 | 3 | 2 | 1 |
|           | My Life List/Me Quit? Never! - <b>Dave Boon</b> | 5 | 4 | 3 | 2 | 1 |
| Thursday: |                                                 |   |   |   |   |   |
|           | Passion to Action- <b>Wally Van Sickle</b>      | 5 | 4 | 3 | 2 | 1 |
|           | Passion to Action (SCs and JCs)                 | 5 | 4 | 3 | 2 | 1 |
|           | Rotary Youth Programs – <b>JC's</b>             | 5 | 4 | 3 | 2 | 1 |

#### **Suggestions for Speakers/Presentations:**



#### Group and Team Activities

|           |                              |   |   |   |   |   |
|-----------|------------------------------|---|---|---|---|---|
| Sunday:   | Circle of Support            | 5 | 4 | 3 | 2 | 1 |
| Monday:   | Counselor Skit with props    | 5 | 4 | 3 | 2 | 1 |
|           | Brain Wise                   | 5 | 4 | 3 | 2 | 1 |
|           | Towers                       | 5 | 4 | 3 | 2 | 1 |
|           | Swept Away                   | 5 | 4 | 3 | 2 | 1 |
|           | Skit Prep                    | 5 | 4 | 3 | 2 | 1 |
|           | Team Building Activities     | 5 | 4 | 3 | 2 | 1 |
| Tuesday:  | 4 Way Test                   | 5 | 4 | 3 | 2 | 1 |
| or        | Finding My Voice             | 5 | 4 | 3 | 2 | 1 |
| Wednesday | Core Values                  | 5 | 4 | 3 | 2 | 1 |
|           | Choices                      | 5 | 4 | 3 | 2 | 1 |
|           | Ryla Ball                    | 5 | 4 | 3 | 2 | 1 |
|           | Ebola                        | 5 | 4 | 3 | 2 | 1 |
|           | Zip line                     | 5 | 4 | 3 | 2 | 1 |
|           | Challenge course (low ropes) | 5 | 4 | 3 | 2 | 1 |
|           | All aboard                   | 5 | 4 | 3 | 2 | 1 |
|           | Trust walk                   | 5 | 4 | 3 | 2 | 1 |
|           | Star prep                    | 5 | 4 | 3 | 2 | 1 |
|           | Service project              | 5 | 4 | 3 | 2 | 1 |
| Tuesday   | Movie: Titans                | 5 | 4 | 3 | 2 | 1 |

|               |                            |   |   |   |   |   |
|---------------|----------------------------|---|---|---|---|---|
| Wednesday:    | Hike                       | 5 | 4 | 3 | 2 | 1 |
|               | Global Leadership          | 5 | 4 | 3 | 2 | 1 |
|               | Walk of Possibilities      | 5 | 4 | 3 | 2 | 1 |
|               | Take a Look Around         | 5 | 4 | 3 | 2 | 1 |
| Thursday:     | Comedy Club Skits          | 5 | 4 | 3 | 2 | 1 |
|               | Passion to Action 2        | 5 | 4 | 3 | 2 | 1 |
|               | Goofy Olympics             | 5 | 4 | 3 | 2 | 1 |
|               | Dance and Ice Cream Social | 5 | 4 | 3 | 2 | 1 |
|               | Sunrise Hike               | 5 | 4 | 3 | 2 | 1 |
| All week:     | Morning Activities         | 5 | 4 | 3 | 2 | 1 |
| All evenings: | Reflection Time            | 5 | 4 | 3 | 2 | 1 |
|               | Twilight Time              | 5 | 4 | 3 | 2 | 1 |

**Suggestions for Team and Group Activities:**

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**Your ideas and comments are welcome.**

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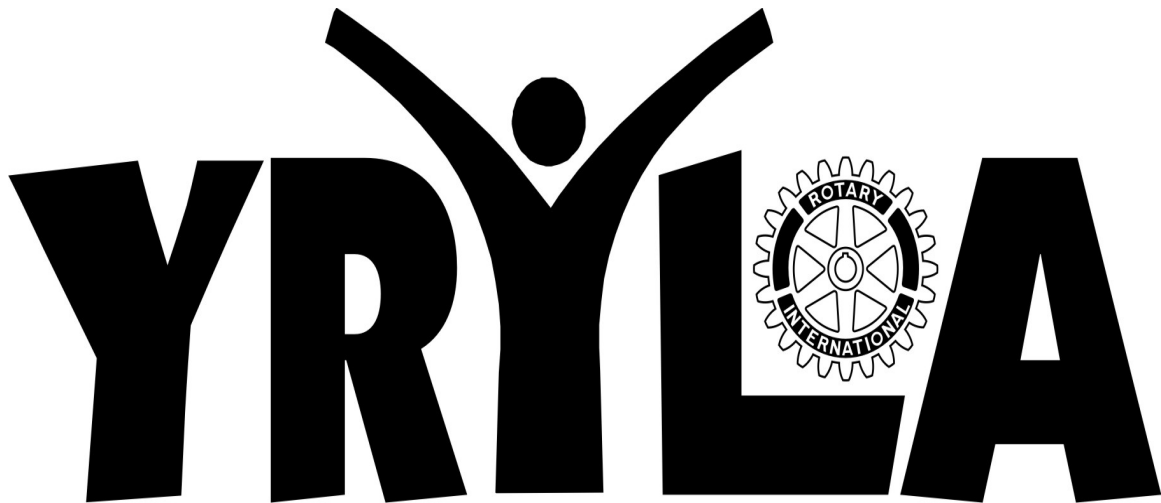
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**Thank you**





## THE POWER OF ONE

BE THE CHANGE YOU WISH TO SEE IN THIS WORLD

